» local p.3

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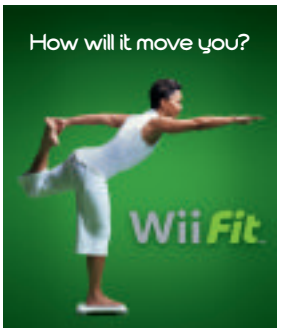

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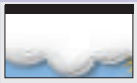

High 21°
Low 7°
WEATHER P. 25

Revellers leave 'black hole'

May Long campers damage 'pristine' area with vehicles

By **KRISTA SYLVESTER**
Metro Calgary

tickets, charges, warnings

» As of yesterday afternoon, there were approximately 100 traffic violations issued, about 20 people arrested and about 17 drug and alcohol charges with no major incidents reported. Hundreds of warnings were also issued.

While this May long weekend was tamer than last year's mayhem, the ecological impact left behind is irreparable, according to RCMP.

In the worst hit area — McLean Creek, west of Bragg Creek — RCMP Const. Ian Smith told Metro the environmental damage is beginning to hit the point of no return.

"This area used to be pristine, but there is nothing pristine about it now," he said, pointing to the metre-wide crevices left in the dirt. "From above, this just looks like a black hole."

The damage was so destructive that hundreds of campers were stuck behind a locked gate trying to get out of the camp area yesterday afternoon.

"Basically, this lock has been cut six times this weekend, and people aren't supposed to bring their campers and trailers out here, it's an off-road vehicle area," Rob Dipalo of Fish and Wildlife explained.

"There was only one way in and out, and because it was damaged so badly, they have to go through this gate," he said, adding every vehicle was given warning tickets.

Campers like 23-year-old Logan Warner waited more than two hours to get through the gate, where they were reprimanded for entering the area with their vehicles.

"They didn't have this last year, and the gate was open when I got here. We can't get out the other way, but it sucks. I wanted to be home by noon," the disgruntled driver said.

While officials report a record year in number of recreational users in the popular off-roading area, they did record fewer incidents than last year, RCMP Staff Sgt. Patrick Webb said.

"The number of incidents is down from last year. But we want people to know we are here and we're not going to tolerate illegal behaviour," Webb said, adding they weren't trying to ruin law-abiding fun.

The added security didn't affect most campers and off-roaders though, as many appreciated the extra eyes.

"They were out in full force," 22-year-old Josh Johnsey said. "But it was welcomed. They were friendly for the most part, and we mostly kept to ourselves."

–krista.sylvester@metronews.ca

ROBIN KUNISKI/FOR METRO CALGARY

Off-roading at recreational areas like McLean Creek has destroyed the natural beauty of the wilderness and the environmental damage is going past the point of no return, according to RCMP Const. Ian Smith. The RCMP were out in full force in area campgrounds for the Victoria Day long weekend.

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local

The 2008 Calgary International Children's festival kicks off around the city today and goes through Saturday. For information and an events schedule, visit *www.calgarychildfest.org*. METRO CALGARY

Zookeeper healing after knock from elephant

By **KRISTA SYLVESTER**
Metro Calgary

An elephant handler at the zoo is out of hospital and recovering at home one day after he was knocked to the ground by one of the massive animals.

Experienced zookeeper Brent Vanhooft, 48, has been working with the animals for 30 years. He went home yesterday sporting cuts, bruises and injuries to his face and chest from Sunday's incident.

Zoo spokesperson Laurie Herron told Metro the zoo is investigating what led 34-year-old elephant Swarna to push the man from behind into a wall in front of visitors.

"It's hard to say why, they are such large animals and even if they unintentionally knock someone over, it's like getting hit hard, whether it was accidental or not."

The zoo is looking into weather Swarna felt Vanhooft was a threat to Malti, a nine-month-old. Once the zoo reviews the incident, it said it may change their elephant-handling procedures.

ROBIN KUNISKI/FOR METRO CALGARY

Sassy, a nine-month-old Boston terrier, caught her ride to meet custom-bike guru Jesse James at the 2008 King of Customs Motorcycle Show held over the weekend at the Roundup Centre.

Jesse James revs up bike fans

By **KRISTA SYLVESTER**
Metro Calgary

Jesse James came and went - but he left his mark on the Wild West.

Hundreds of bike lovers, customizers and of course, women, were ecstatic with the chance to meet the bike idol of TV fame in person.

"I just came to see Jesse, and he was so down to earth and even cuter in person," 22-year-old Amanda Hanes said.

James was just as excited to be in Calgary as Calgarians were to have him.

"I think it's just cool to walk around and see what ideas they have here and get inspired," James told Metro. "It's exciting to see what different ideas people have."

James brought three of his customized bikes to show off at the first annual King of Customs Motorcycle Show, which was a huge hit with fans this weekend according to promoter Patrick Nichol.

"It was awesome, it was a really great atmosphere and vibe. Everyone loved Jesse, and Jesse loved the city. It was just a really good time," Nichol said, adding Sunday was the busiest day for the show.

-krista.sylvester@metronews.ca

Hoarding under fire

Alderman wants fees hiked 130%

By **NEIL MACKINNON**
Metro Calgary

It all began as an innocuous mid-summer stroll down 9 Ave. SW and may wind up as an overall project that changes the face of Calgary's downtown.

Wearing "fancy little shoes," Ald. Druh Farrell came to a halt, nowhere to go but backwards because construction on both sides had the sidewalks cordoned off.

"Most of the space they were using was for parking construction vehicles," said Farrell.

With no option but a back laneway, Farrell proceeded past "disgusting" dumpsters, vagrant newspapers bustling about her feet; it was a strange place for an epiphany, Farrell admitted.

"Every trip downtown starts and ends as a pedestrian and you sure notice a lot of things," said Farrell. "Basically, we, as a city, need to do more downtown for pedestrians."

With the city's print media outlets ordered to clean up boxes and Farrell's motion to rid downtown laneways of dumpsters passed, she hopes to complete her core beautification trifecta at tomorrow's Land Use, Planning and Transportation committee meeting, where construction hoarding will come under the microscope.

The plan, Farrell said, is to boost fees for sidewalk closures by 130 per cent, while hiking fines to better reflect the value of public space encroached upon by hoarding, which stakes off space with plywood and scaffolding.

As an incentive, the city plan would dock 25 per cent off fees if a construction outfit uses decorative screening — art of the future building or work from local artists.

"The work has to be done, but we want to encourage it to be done with some components of public art in mind," she said.

-neil.mackinnon@metronews.ca

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A trailer fire behind the JYSK store at Northgate Mall on Saturday night was deemed suspicious by fire investigators due to evidence of an external ignitions source at the scene. Arson investigators were called in to continue analysis at the scene, where damage was estimated at $200,000. METRO CALGARY

Historic sites in spotlight

By **NEIL MACKINNON**
Metro Calgary

It might be history, but that doesn't mean it can't still catch up with the times.

Calgary's outdated historic resource evaluation strategy is set to get a modern makeover as city council will look into revising the system, which doesn't currently afford the city the ability to deal with a broad range of potential historic opportunities — from archaeology to cultural landscapes, when the land use committee meets tomorrow.

While the original policy, developed in 1983, has undergone a few twists and tweaks over the past two and a half decades, the city intends to move away from a numbers-based system to a value-centric approach that should support broader public input, allowing for more diverse points of view.

The new process, which will only be applicable to buildings or sites 25 years or older, must meet one of nine new criterion of significance, from symbolism to style, while also meeting one of six integrity criteria, like location or workmanship.

–neil.mackinnon@metronews.ca

»news In Brief

» **GORILLA** The Calgary Zoo is pleased about the progress of the baby gorilla born on Thursday. "Everyone is pleased with how well things are going. Mom and baby are doing really good and she has great maternal instincts," spokesperson Laurie Herron said. This is the second birth for mother Zuri, whose last baby died after 12 days. "This time she is the oldest female and while she was a good mother before she lacked the confidence she needed. Now she is the dominant female, and even more so after this birth," Herron added. METRO CALGARY

Celebrating 135 years

Calgarians fete RCMP's birthday

By **ALICIA FOX**
for Metro Calgary

Wearing the noble red uniforms of the Northwest Mounted Police wasn't everything the hopeful heroes of the west thought it would be, as families and history-seekers learned yesterday while visiting Fort Calgary to celebrate the 135th birthday of the RCMP.

annual event
» Celebrations of the RCMP's birthday, May 23, 1873, started six years ago with hopes to connect Calgarians to their roots.

"They (Mounties) had a very romantic idea of what the west would be like," said Royce Pettyjohn of Parks Canada, visiting Calgary for the celebration.

"You always imagined the Northwest Mounted Police riding around enforcing the law," he said, adding their notions of marrying "native princesses" were soon replaced by the realities of doing stable duty or repairing boots.

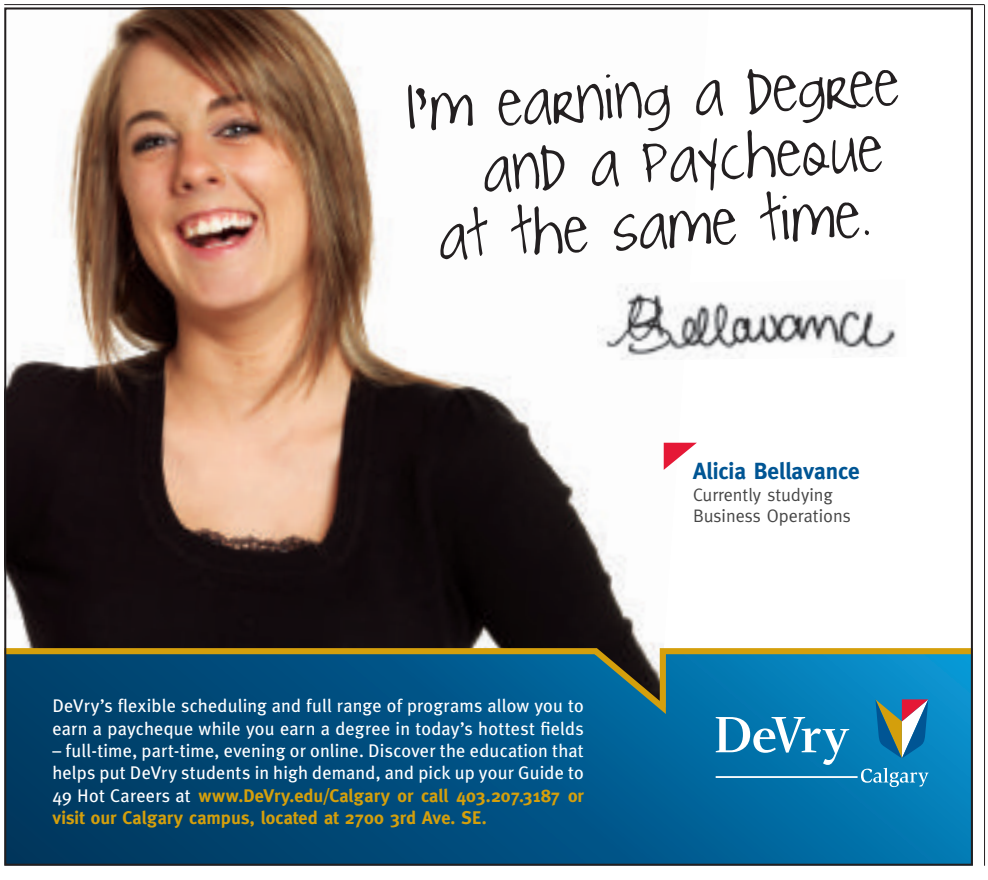
Pettyjohn, who works at Fort Walsh, said that a typical day included eating breakfast in shifts, drill inspections and maintenance around the fort.

"It wasn't extremely exciting or glamorous," he said. But while they kept house, since originally only unmarried men were recruited, they did catch some bad guys and are credited with running the whiskey trade out.

The first party six years ago had only cake, but has grown to a full-day, family event, with carriage rides, face-painting, crafts, and lessons on how to march and dress like Mounties.

ALICIA FOX FOR METRO CALGARY

Lewis Logozar, 2, learned how to march like a Mountie yesterday during the NWMP 135th birthday celebration at Fort Calgary.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Teens to deliver home safety kits

Habitat program to kick off in July following exams

By **ALICIA FOX**
for Metro Calgary

Teens around the city are asking the community for donations, from money to fire extinguishers, as part of a new program that promotes safe living among young low-income and immigrant families.

« I am an immigrant, too. I realize how hard it is to be an immigrant ... and how important home safety is. »
Jessica Zhang, Home Safety Program volunteer

In collaboration with Habitat for Humanity and other sponsors, teen volunteers with Child and Youth Friendly Calgary are starting up the Home Safety Program. Kits are put together from community donations and the teens deliver them while providing information about how to keep kids safe at home.

Since many have more pressing concerns, "home safety may not make it very high on their list of priorities," said Penny Hume of Child and Youth Friday Calgary.

Eleventh-grader Jessica Zhang, who has been with the program for a year, said they'll be kicking off the program in July after exams, and she's excited to work on it.

"I am an immigrant, too," said Zhang, who moved here four years ago.

"I realize how hard it is to be an immigrant… and how important home safety is."

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canada

Peter Phillips became on Saturday the first of Queen Elizabeth's grandchildren to wed, marrying his Canadian bride Autumn Kelly at a chapel at the queen's Windsor Castle residence. REUTERS

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Recognizing past errors

Atonement time on Parliament Hill

Long-awaited apology

» Indian Affairs Minister Chuck Strahl announced last week the government will issue its long-awaited official apology to former students of native residential schools on June 11.

Ottawa has set aside money to commemorate an incident in 1939 when a Jewish refugee ship that fled Nazi Germany was turned away from nation after nation, including Canada. This comes at a time when apologies for — or at least acknowledgement of — historical wrongs abound on Parliament Hill.

Last Thursday, the House passed a private member's motion from Liberal MP Ruby Dhalla asking the government to apologize for denying entry to 376 Indian immigrants aboard the Komagata Maru in 1914. The government is expected to fast-track a private member's bill introduced by Tory MP James Bezan that would recognize the 1930s famine in Ukraine as genocide.

The government also recently announced a $10 million grant in recognition of Ukrainian and other Eastern European immigrants interned in Canadian camps during the First World War.

No one will come out and say these initiatives are a way for the federal Tories to reach out to the ethnic vote, even though Jason Kenney, who was brought into the federal cabinet to help engage different communities, is handling the historical recognition programs.

Dhalla noted that Conservatives did not support her motion when she introduced it on April 2 this year. While Prime Minister Stephen Harper did address the tragedy in August 2006, it was only after community outcry this spring that the government announced $2.5 million in grants to commemorate the incident and then supported her motion. TORSTAR NEWS SERVICE

Conflicts mar celebrations

Events marking 400th anniversary of Quebec City

revenue boost?

» The city continues to project that the celebrations will boost the annual tourism revenues by at least 5 per cent. The summer schedule begins in earnest on June 3, the high point is expected to be a series of concerts and events on July 3, 400 years to the day from Samuel de Champlain's landing.

Dark clouds seem to be permanently stationed over Quebec City's 400th anniversary celebrations.

The year-long event began with an internationally televised fiasco, and has pretty much slid downhill from there, generating headlines because of organizational failings and the various political controversies it has prompted.

While $5 million has thus far been spent on promoting the celebrations overseas and in the United States, with only marginal returns to date, only about $500,000 has been splashed out on promoting the event in Quebec.

And according to a recent analysis by a Montreal-based media monitoring firm, the myriad difficulties plaguing the event have drawn more attention than the celebrations themselves.

The event was thrown into disarray after original organizing committee chair was summarily ousted following the Dec. 31 opening ceremony, broadly considered to be a catastrophe. TORSTAR NEWS SERVICE

environment

Quebec river nation's dirtiest

INDEX Quebec's Yamaska River has a dubious distinction: according to the federal government, it's the filthiest river in Canada.

Environment Canada's 2007 Canadian Environmental Sustainability Index, which rated 395 rivers and waterways across the country, gave the Yamaska an anemic 27.1 out of a possible 100 points.

Biologists say the main culprits are phosphorous, ammonia and nitrates — the results of pesticide and fertilizer runoff and the animal waste from the area's intensive and industrial-scale agriculture.

TORSTAR NEWS SERVICE

Bareback cowboy **Eight seconds wins it**

RAFE ARNOTT/METRO VANCOUVER

Bobby Mote holds on for a full eight seconds to win Bareback Riding at the Cloverdale Rodeo and Country Fair, the annual event held in Cloverdale, B.C., 40 minutes east of Vancouver. The Oregon native claimed $20,500 — the biggest cash purse in Canadian rodeo history.

Anger grows at MP Finley

For tobacco growers in southwestern Ontario, hope has turned to despair. Banks are foreclosing, marriages are dissolving and some growers have even taken their lives.

In Caledonia, a native land dispute has made properties virtually worthless. Residents complain there are two sets of laws — one for natives and one for the residents.

What the tobacco farmers and the Caledonia residents have in common is anger, much of it directed toward the MP for their Haldimand-Norfolk riding — Conservative Diane Finley.

Caledonia residents feel Finley has abandoned them, while tobacco growers accuse her of failing to live up to her many promises to bring in an aid package that would allow them to turn to other crops or another way of life. TORSTAR NEWS SERVICE

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N.S. blockade ends

Cape Breton lobster fishermen ended their blockade of Inverness Harbour Sunday, after trapping in several New Brunswick fishing boats.

The blockade started late last week as an act of protest to the federal government to allow the fishermen a share of the lucrative crab quota, as they currently face rising fuel costs and poor lobster catches.

"We're trying to take the high road on this," said fisherman Lawrence MacLellan.

> *« We're trying to take the high road on this. »*
>
> *Fisherman Lawrence MacLellan*

"We're going to take the blockade down and New Brunswick boats are free to fish ... Hopefully in the future we can fish alongside them."

MacLellan said the New Brunswick fishermen were supportive of the blockade.

He estimates that New Brunswick vessels take 500,000 pounds of crab from nearby areas.

The Harbours of Inverness, Mabou, Port Hood and Judique do not have a crab allocation.

Yesterday, the Inverness fishermen were scheduled to meet with the Department of Fisheries and Oceans area manager Helen Kerr.

Kerr could not be reached for comment yesterday.

METRO HALIFAX — WITH FILES FROM THE CAPE BRETON POST

Afghanistan **Military dress**

PETER ANDREWS/REUTERS

Helmets and bullet proof vests of Canadian troops are placed outside a tent at a military base in the Arghandab district of Afghanistan yesterday.

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Polar bears at risk: Biologist

Expert says arctic species may turn inland for food

Starving polar bears may some day have to look inland for food, which could make them a danger to humans, says a Dalhousie University biologist.

Sara Iverson said the bears depend on ice flows to feed on seals in the winter. As the spring comes, the ice melts and the bears move inland. They then fast for up to eight months until the ice reforms.

But in recent years the ice has melted early, forcing the bears inland before they have built up enough fat reserves.

"It's critical that they are able to get that level of fat storage. But if they're forced ashore earlier, they're going to be in poor condition," said Iverson.

"They're also going to be looking for other food sources, maybe terrestrial kinds of food sources."

PAUL MCLEOD/METRO HALIFAX

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world

With no age limit on drinking, a no-alcohol beer brewed especially for dogs has proved a hit for an Australian pet shop. Brewer Elise Schumacher says it "tastes like beef and smells like beer." A bottle of Dog Brew sells for $4.76 US per bottle. REUTERS

Panic grips Chinese town

Citizens pour into streets as second quake predicted

Tens of thousands of panicked residents rushed into the streets of Chengdu in southwest China early this morning, alarmed by a television report that predicted another powerful earthquake would hit the region.

mountains

» Most of the dead from the 7.9-magnitude earthquake were in mountainous areas north and west of Chengdu.

The pandemonium triggered by the TV report showed how far people's nerves have been stretched by the May 12 earthquake and aftershocks which have killed more than 34,000 people and injured 245,000.

ALY SONG/REUTERS

Residents observe a three-minute moment of silence at 2.28pm local time yesterday, exactly one week after an earthquake hit the town of Pingtong, China.

Cars jammed roads leading out of Sichuan's provincial capital of Chengdu and people carrying bedding headed for open ground after hearing that another earthquake of 8-magnitude would shake the ravaged province overnight.

"They quoted a government department, so everyone's heading for clear space. I'd be careful if I were you," called a young man surnamed Huang.

Xinhua news agency reported a magnitude 5.0 aftershock hit Pingwu County early today, causing buildings to creak in Chengdu, about 150 km from the epicentre.

The death toll from last week's quake could rise dramatically, as the Communist Party chief in Sichuan said nearly 30,000 were missing. A further 5,000 are believed still buried under rubble. REUTERS

France considers happy hour ban

Changes to liquor laws attempt to curb binge drinking

France is considering a ban on happy hours in bars and on the sale of bottles of vodka and other strong liquor in nightclubs as part of efforts to curb binge drinking among young people, an official said yesterday.

The proposed measures are being discussed with producers and distributors of alcoholic drinks and decisions are expected within weeks, said Etienne Apaire, head of a government body in charge of the fight against addiction to drugs or alcohol.

> « *What we have seen in recent years is ... an increase in the kinds of behaviour that lead to drunkenness.* »
>
> *Government official Etienne Apaire*

"What we have seen in recent years is an increase in alcohol consumption among young people, and in particular an increase in the kinds of behaviour that lead to drunkenness," Apaire told Reuters in a telephone interview.

He said research conducted in 2005 showed about one in four French 17-year-olds reported getting drunk at least three times in the previous 12 months, while one in 10 said they had got drunk 10 times or more.

Apaire said one possible measure to counter the trend would be to ban "open bar" schemes in which customers can have as many drinks as they can manage for a set price. Apaire said such schemes encouraged drinking games and drunkenness.

Also being considered is a ban on "happy hours", during which bars or nightclubs offer cheaper drinks to try to attract customers earlier in the evening.

Other possible measures could include restricting the sale of vodka, whisky and other high-alcohol-content drinks in nightclubs to glasses, not bottles, and raising the legal age at which people can buy alcoholic drinks to 18. REUTERS

Britain

Human-animal embryos approved

SCIENCE Britain's parliament voted 336 to 176 yesterday to allow the creation of human-animal embryos which some scientists say are vital to research cures for diseases, but critics argue pervert nature.

In a separate vote, parliament also decided to allow parents of children suffering serious diseases to use in-vitro fertilisation to select "saviour siblings" who can act as donors for transplants. REUTERS

Berlin Wall 'significant': Dalai Lama

The Dalai Lama hailed the fall of the Berlin Wall as a symbol of peaceful protest in an address to some 20,000 supporters which strove to reassure China he was not seeking independence for Tibet.

Dalai Lama

Standing before the city's Brandenburg Gate that straddled the East-West border, Tibet's exiled spiritual leader said he was "extremely happy" about the turnout and stressed the importance of pursuing non-violent solutions to problems.

"(This is) the very place the Berlin Wall disappeared, not by force, but by a popular peace movement," he said on the final stop of his five-day visit to Germany yesterday. "So I really feel (there is) something very significant (in this)."

Germany reunified less than a year after the Berlin Wall fell in November 1989, ending four decades of separation.

Much of the German media coverage surrounding the Dalai Lama's latest visit has focused on the infighting in Germany's Social Democrats (SPD) over whether to risk antagonizing China by receiving a man Beijing views as a separatist.

> « *Tibet is a poor country, materially very backward.* »
>
> *Dalai Lama*

"We are not seeking separation," the Dalai Lama told a crowd that police estimated at around 20,000. "Tibet is a poor country, materially very backward," he said, noting that the "average Tibetan" wanted to live in a more modern society.

For this reason, he said it was important that Tibet remain part of China so it could profit from its booming economy. REUTERS

»news In Brief

» **HEALTH** Seasonal flu viruses are developing the ability to evade influenza drugs globally, but how and why this is happening is not clear, experts told a conference yesterday. Europe is the worst-affected by strains of influenza that resist the effects of antiviral drugs, but the resistance is growing globally, they told a meeting of the Infectious Diseases Society of America.

» **BIRTH** Spain's first female defence minister Carme Chacon gave birth yesterday, doctors said, just one month after her appointment. REUTERS

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A telephone survey of 1,500 Americans found that 81 percent of drivers have used cellphones while behind the wheel, despite the fact that nearly half of those polled said they have nearly hit or have been hit by someone driving while using a cellphone. REUTERS

Myanmar allows aid

Military junta lets ASEAN workers in

Southeast Asian nations will take the lead in an international aid effort for cyclone-hit Myanmar, but the military junta will not give Western relief workers unfettered access to disaster areas, Singapore said yesterday.

"We will establish a mechanism so that aid from all over the world can flow into Myanmar," Foreign Minister George Yeo said.

He was speaking after hosting a regional meeting to prod the generals to accept large-scale foreign aid and expertise for up to 2.4 million people left destitute by Cyclone Nargis.

case by case

» Aid workers from non-ASEAN countries will be granted entry to Myanmar on a case-by-case basis.

The details were to be worked out with the United Nations, which announced later yesterday that a donor conference would be held in the cyclone-hit former capital, Yangon, on May 25.

Myanmar agreed to accept nearly 300 medical personnel from its neighbours in the 10-member Association of Southeast Asian Nations (ASEAN), the foreign ministers said in a statement.

A few have already sent teams two weeks after the disaster which left 134,000 dead or missing. REUTERS

Korea **Coming of age**

JO YONG-HAK/REUTERS

Women in traditional Korean costume drink alcohol during a traditional ceremony yesterday celebrating the Coming-Of-Age Day in front of Seoul City Hall in Seoul, South Korea. The traditional Coming-Of-Age ceremony is a ceremony that endows young boys and girls at the age of 19, who have lived under the protection of families, with individual authorities.

Violence intensifies in South Africa

Mobs armed with knives and clubs torched shacks and beat migrant workers yesterday in escalating anti-foreigner violence in Johannesburg.

The unrest has led to increased political instability at a time of electricity shortages, rising inflation and disaffection among the poor over President Thabo Mbeki's pro-business policies.

deaths

» At least 22 people have been killed since the unrest began last week.

Police fired rubber bullets at rioters and police helicopters hovered overhead as officers rounded up suspects involved in some of the worst township violence since the end of apartheid. REUTERS

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A German family was stunned when a rampaging bull burst through the back door of their house, charged around the living room, then left by the front door. None in the family were injured, but the bull laid waste to furnishings, causing an estimated 10,000 euros ($15,600 US) of damage, police said. REUTERS

Clinton not giving up

Contest not over, senator tells rival

Hillary Clinton had a warning yesterday for rival Barack Obama, who is on the verge of claiming the Democratic presidential nomination: Not so fast.

"This is nowhere near over," Clinton said at a rally in Maysville, Kentucky, pressing ahead with her long shot bid for the White House even as Obama focuses on November's general election match-up with Republican John McCain.

Despite Obama's almost unassailable lead in delegates who will select the nominee at the August Democratic convention, Clinton repeatedly has shrugged off calls to quit the race before the last of the voting concludes June 3.

She warned Obama against premature victory celebrations one day before Kentucky and Oregon cast ballots in the lengthy Democratic White House fight.

Obama expects to claim a majority of pledged delegates won in state-by-state races after today's returns, but he will still be about 75 short of the 2,026 needed to clinch the nomination without further help from superdelegates — party officials who are free to back any candidate.

Obama is favoured to win in Oregon, where his lead in new polls ranges from 4 percentage points to double digits, and Clinton is a big favourite in Kentucky. REUTERS

RICK WILKING/REUTERS

A woman shows her six-week-old baby to US Democratic presidential candidate and US Senator Barack Obama, after he spoke in Billings, Montana, yesterday.

back off: Obama

» Democratic presidential hopeful Barack Obama said yesterday that Republican critics should stop picking on his wife Michelle. Obama was referring to a four-minute video posted on YouTube by the Tennessee Republican Party last week during a visit by Michelle Obama that portrayed a remark she made in February in an unflattering manner.

» Michelle Obama's remark that "for first time in my adult lifetime I'm proud of my country" stirred a controversy at the time. Critics said it sounded unpatriotic and suggested she had not been proud of her country before her husband's candidacy.

Stress linked to baby asthma risk

Researchers study pregnant women

Babies born to mothers who are stressed during pregnancy appear to have an increased risk for asthma and allergies, researchers said.

Stress is like a pollutant that, when "breathed" into the body, may influence not only a mother's immune system, but her unborn baby's as well, according to Dr. Rosalind Wright, of Brigham and Women's Hospital and Harvard Medical School.

"There is a lot of evidence to support the notion that negative experiences that cause stress get into the body and disrupt immune function," she said.

Wright, whose findings were presented at a medical conference in Toronto over the weekend, said it is why people are more likely to catch colds or the flu when they're stressed.

And, according to her research, mother's stress during pregnancy can also influence her baby's developing immune system.

stress levels

» Wright and her team studied about 1,000 families. They measured pregnant women's stress levels by asking questions covering money and housing problems, relationships and other issues. They also tested the level of dust mite allergens in their homes while pregnant.

» The researchers measured levels of IgE — antibodies involved in an allergic response — in umbilical cord blood. Among 387 babies tested thus far, levels were increased among those whose mothers suffered higher level stress compared to mothers with less stress. This was true even when the exposure to dust mites during pregnancy was relatively low.

Dust mites, pollen, molds, tobacco smoke and other substances in the environment are other identified important factors for asthma and allergies. But they do not fully explain rising rates of asthma seen in the past, or why there's more asthma in inner city and lower income populations. REUTERS

»news In Brief

» **TALKS** Qatari-led Arab mediators stepped up efforts to salvage talks aimed at ending Lebanon's crisis yesterday after negotiations between the U.S.-backed government and the Hezbollah-led opposition suffered a setback. Rival leaders appeared back at square one on the fourth day of intense bargaining in Doha but mediators managed to get the talks going and maintained hope that a deal could still be reached to pull Lebanon back from the brink of a civil strife.

» **RULING** The U.S. Supreme Court yesterday upheld a provision of a 2003 federal law making it a crime to promote or present material as child pornography.

» **ALLEGATIONS** Israeli Prime Minister Ehud Olmert is suspected of having taken envelopes full of cash from a U.S. businessman, the chief prosecutor said yesterday in his most graphic public account of a corruption case against Olmert. Olmert has denied any wrongdoing in the case, which threatens to force him from office and disrupt his U.S.-brokered peace negotiations with the Palestinians. REUTERS

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Alleged bin Laden tape urges action

Al qadah leader Osana bin Laden has urged Muslims to break the Israeli-led blockade of the Hamas-controlled Gaza Strip and fight Arab governments that deal with the Jewish state, according to an audio recording.

"The duty to break this blockade falls upon our brothers in (Egypt) as they are the only ones that are on the border," bin Laden said in the recording posted on Islamist websites on Sunday.

"Each one of us is responsible for the deaths of our oppressed people in Gaza and dozens upon dozens have died due to this oppressive blockade," he said.

Hamas gunmen blasted open the Rafat border crossing to Egypt for several days early in the year until the Egyptian authorities, reviled by bin Laden for their relations with Israel, moved in troops in February and closed it again. The authenticity of the recording could not immediately be verified, but the voice sounded like bin Laden's previous tapes. REUTERS

4 killed in northern Mexico

Four people including an American woman were shot in the head and their bodies dumped in a notorious drug-smuggling area in northern Mexico near the California border, Mexican police said yesterday. REUTERS

Iraq

VP demands action against U.S. soldier

KORAN Iraq's Sunni Arab vice president called on the U.S. military yesterday to make an example of an American soldier who used a copy of the Koran for target practice, demanding he receive the "most severe punishment."

Vice President Tareq al-Hashemi said he had received an official apology from the top U.S. general in Iraq, General David Petraeus, in a meeting with Lieutenant-General Lloyd Austin, the number two U.S. military commander in Iraq.

The soldier was disciplined and removed from Iraq after a copy of the Muslim holy book was found pocked with bullet holes at a shooting range, the U.S. military said on Sunday. REUTERS

business

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Members of the Canadian Auto Workers union have ratified three-year contracts with GM and Chrysler, with approval rates of 84 per cent and 87 per cent, respectively. TORSTAR NEWS SERVICE

Nintendo **Wii getting fit**

SHANNON STAPLETON/REUTERS

A woman demonstrates an interactive yoga game on Nintendo's Wii Fit, an interactive fitness game for the Wii system, during the product launch yesterday in New York. Analysts expect that up to 30 per cent of the nearly 10 million U.S. Wii owners will buy the product in the next few weeks.

BCE buyout in trouble: Source

Banks reportedly submit 'onerous' new conditions

The $34.8 billion buyout of BCE Inc. has become more questionable as the banks funding the deal have sought to renegotiate the financing terms, a source familiar with the situation said yesterday.

The banks behind the buyout of BCE, Canada's largest telecommunications company and operator of Bell Canada, submitted new financing terms to the buyout group Friday, the source said.

The new set of terms contained higher interest rates and other "onerous" conditions, the source said.

The New York Times said the new terms submitted by the banks included higher interest rates, tighter loan restrictions and protections that far exceeded the original terms. The buyout group and the banks negotiated all weekend, according to the report. REUTERS

Nissan, NEC to put $115M into venture

Nissan Motor Co., NEC Corp. and NEC Tokin Corp. said yesterday their battery venture would invest $115 million US over three years to manufacture lithium-ion batteries starting next year for use in next-generation green vehicles. Lithium-ion batteries are seen as key to making gasoline-electric hybrid cars more cost-competitive. REUTERS

office supplies

Staples launches hostile bid for firm

HOLLAND U.S. office supplies retailer Staples launched a hostile 1.5 billion euro ($2.34 billion US) bid yesterday for Corporate Express NV because the Dutch office supplier was unwilling to negotiate.

Staples said in a statement that Corporate Express shareholders could tender their shares as of tomorrow until June 27, subject to a possible extension. REUTERS

»news In Brief

» **YAHOO** Microsoft Corp. has proposed to buy Yahoo Inc.'s search business and take a minority stake in the web pioneer, stopping short of a full-out merger, a person familiar with the talks said yesterday. REUTERS

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Metro Calgary
120, 3030 - 3 Avenue NE
Calgary, AB T2A 6T7
metrocalgary@metronews.ca
403-444-0136
fax: 1-403-539-4940

- **Publisher** Steve Shrout steve.shrout@metronews.ca
- **Editor-In-Chief** Dianne Rinehart
- **Managing Editor** Darren Krause darren.krause@metronews.ca
- **Interactive Director** Jodi Brown
- **Marketing Manager** Blaine Schlechter
- **Distribution Supervisor** Dave Mak calgary_distribution@metronews.ca
- **Group Publisher, Metro English Canada** Bill McDonald

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sports

World No. 1 Tiger Woods, left, plans to play in this year's Buick Open in Michigan beginning June 26, marking his return from left knee surgery he underwent in mid-April. METRO NEWS SERVICES

Red Wings soar into Cup final

CHRISTIAN PETERSON/GETTY IMAGES

Red Wings goaltender Chris Osgood celebrates in front of Stars centre Mike Ribeiro last night after Detroit won Game 6 of the Western Conference final in Dallas to advance to the Stanley Cup final.

Detroit wraps up West with dominating win

RED WINGS 4 STARS 1

Henrik Zetterberg registered a goal and an assist, as Detroit secured a berth in the Stanley Cup final for the first time since capturing the title in 2002 with a 4-1 road win over the Dallas Stars.

Dallas Drake also posted a goal and an assist for the Red Wings, who won the Western Conference finals, 4-2. Chris Osgood stopped 28-of-29 shots to pick up the win.

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The Red Wings will be going for their fourth championship since 1997 and 11th overall in the franchise's storied 82-year history.

Stephane Robidas tallied the lone goal for the Stars, while Marty Turco allowed four goals on 29 shots in defeat.

Dallas was on the verge of being swept after Detroit won the first three games of this conference finals series, and became the 13th team out of 153 in NHL history to force a Game 6.

But Detroit closed the series out with a dominating performance, and will battle Pittsburgh, after the Penguins needed only five games to dispatch the Philadelphia Flyers in the Eastern Conference finals.

Games 1 and 2 of the final are scheduled for Saturday and Monday in Detroit.

Detroit made a statement with three goals in the first period.

Kris Draper put the Wings on the board 3:45 into the game. Drake skated down the left wing and threw the puck on net. Draper, stationed on the edge of the crease, had the centring feed hit him above the chin and fall in behind Turco.

The Wings grabbed a 2-0 lead on the power play with 8:19 remaining. Nicklas Lidstrom's blast from the point got caught up in the skates of Stars defenceman Nicklas Grossman in the low slot and Pavel Datsyuk jumped on the loose puck, lifting it up and over a sprawled Turco.

Drake completed the scoring barrage with 3:43 to go before the first intermission. Brett Lebda sped down the right side and backhanded the puck on goal. Turco had trouble handling the shot, which allowed Drake to jam home the rebound.

Zetterberg tacked on a shorthanded goal at the 3:11 mark of the second period. The talented Swede intercepted a rink-wide pass by Dallas' Brenden Morrow at the blueline and broke in alone on Turco to stretch the lead to 4-0.

While up a man, Robidas broke up Osgood's shutout bid at the 2:27 mark of the third, one-timing a feed from Mike Ribeiro past the Detroit netminder.

METRO NEWS SERVICES

MLB

BoSox's Lester throws no-hitter

MILESTONE Left-hander Jon Lester pitched the 18th no-hitter in Red Sox history, as Boston beat the Kansas City Royals 7-0 last night at Fenway Park.

Lester, a cancer survivor, struck out nine and issued only two walks while throwing 130 pitches to record the first no-hitter in the major leagues this season.

MLB

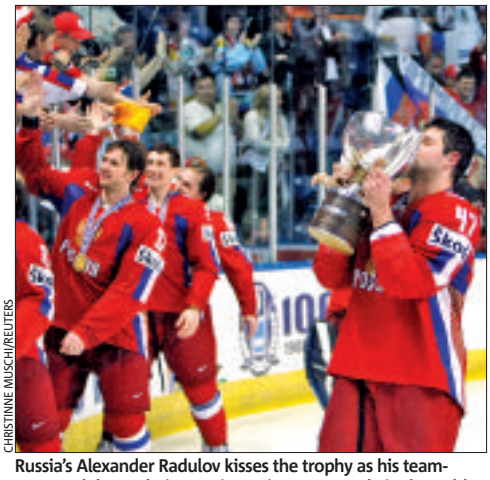
A-Rod set to return to Yankees' lineup

INJURIES New York Yankees slugger Alex Rodriguez will rejoin his team mates for tonight's game against Baltimore after recovering from an injury to his right quadriceps.

The hard-hitting third baseman has been sidelined since April 28. REUTERS

Russians want more gold

Men's hockey team targets Olympics



CHRISTINNE MUSCHI/REUTERS

Russia's Alexander Radulov kisses the trophy as his teammates celebrate their overtime win over Canada in the gold-medal game at the IIHF World Championships on Sunday.

After ending a 15-year gold medal drought at the world hockey championship on Sunday in Quebec City, the next target on Russia's radar is the 2010 Winter Olympics in Vancouver.

Russia's thrilling 5-4 overtime win over Canada in Sunday's final offered as much relief as excitement in Moscow.

More significantly, it signaled a long-awaited renaissance of Russian hockey and a possible return to the glory days of the Soviet Union when the Big Red Machine ruled supreme over the sport.

"Huge," said Ilya Kovalchuk, describing the win he fashioned by scoring the tying goal late in the third period followed by the game winner 2:14 into overtime.

"It's huge for our preparation for everything, for all the kids we have started building a lot of rinks (for).

"They want to improve the game, they want to win.

"Now they want to practice harder to maybe be one day on the national team."

In the 15 years between world championship titles, Russia had made only one other appearance in the final, losing to Slovakia in 2002.

While there is still much work to be done, Russian hockey finally appears to be back on track.

REUTERS

Spurs swat Hornets to reach West final

Ginobli seals huge road win at line

SPURS 91 HORNETS 82

Manu Ginobili scored 26 points and hit all six of his free throws in the final minute, as the Spurs moved into the Western Conference final with a 91-82 victory last night over the New Orleans Hornets.

The Spurs, who nearly blew a 14-point fourth-quarter lead, became the only team to win a road game in the semifinal series and the defending NBA champions did it at the perfect time, in the decisive Game 7, denying the Hornets their first trip to the conference finals.

Instead, San Antonio will be on the road to take on the Lakers, starting tomorrow night in Los Angeles.

Tim Duncan contributed 16 points and 14 rebounds for the Spurs, who rallied after losing the first two games and continued their quest for a fifth championship in 10 years.

David West, fighting through a back injury, had 20 points and nine rebounds for the Hornets.

SEAN GARDNER/REUTERS

San Antonio Spurs guard Manu Ginobili controls the ball next to Hornets swingman Morris Peterson last night in New Orleans.

METRO NEWS SERVICES

Beware the Evil Empire

YORK REPORT
MARTY YORK
marty.york@metronews.ca

If you detest the multi-zillionaire New York Yankees — if you loathe the so-called Evil Empire so much that you are as openly ecstatic as Toronto sportscaster **Mike Wilner** was yesterday on the air, when he unabashedly declared his "love" for the team's miseries and last-place status — well, enjoy the moment.

It may not last long.

The Yanks are a mere 20-24 and coming off an embarrassing Subway Series sweep against their geographic rivals, the New York Mets, and yet they're confident that they're on the verge of resurfacing as a dominant squad.

A few of their reasons:

• They were 20-24 last season before going 74-44 and seizing a post-season berth for the 13th consecutive year.

• Two of their premier players — **Alex Rodriguez** and **Jorge Posada** — should be returning from injuries soon.

• They will resort to wearing gold thongs underneath their pants in the next few games. No joke. First baseman **Jason Giambi** reveals the thongs, with their flame-line waistbands, are worn by him and teammates whenever they're trying to end slumps. "And it works for us every time," he said.

So, um, don't count out the Yankees just yet.

» As poor as the Yanks have been, the Detroit Tigers are considerably worse.

With power hitters such as **Magglio Ordonez** and **Miguel Cabrera**, this team entered the season poised to lead the major leagues in offence and threaten the 1,000-run plateau. Instead, the AL's cellar-dwellers have been unproductive and shut out an MLB-high seven times.

Manager **Jim Leyland** met Tigers chief **Dave Dombrowski** yesterday for some brainstorming.

"I'm totally out of answers," Leyland said. "I've never been this baffled."

» The Boston Red Sox, meanwhile, keep improving. The World Series champions may now be on the verge of acquiring veteran shortstop **Omar Vizquel** from the San Francisco Giants. Vizquel and Boston slugger **Manny Ramirez** are best pals ... Ramirez is closing in on his 500th career home run and A-Rod has taped a congratulatory message for him that will be played at Boston's Fenway Park, which has irked Yankee fans and the club's Baby Boss, **Hank Steinbrenner** ... He might be a bit shaky at times, but consider **B.J. Ryan's** operation (he missed last season because of Tommy John surgery) a success. Ryan gives the Blue Jays as reliable a closer as there is in baseball ... And, according to U.S. insider **Ken Rosenthal**, the Jays are one of eight clubs that could pursue star outfielder **Matt Holliday**, who'll likely be served up soon as trade bait by the Colorado Rockies.

In three-plus decades as a columnist and broadcaster, Marty York has built a network of solid contacts and a renowned reputation for his hard-hitting, groundbreaking style. The tradition continues in Metro Sports.

»sports In Brief

» **NFL** The Cincinnati Bengals yesterday cut Odell Thurman, a talented but troubled linebacker who had been suspended for the last two seasons for violating the league's substance abuse policy.

» **TENNIS** World No. 6 Andy Roddick has pulled out of next week's French Open because of a problem with his back and shoulder. Roddick has never made it past the third round at Roland Garros.

METRO NEWS SERVICES

SCOREBOARD

NHL

CONFERENCE FINALS
WESTERN CONFERENCE
DALLAS VS. DETROIT
Game 6 — Last night
Detroit 4 Dallas 1
(Detroit wins series 4-2)
EASTERN CONFERENCE
PHILADELPHIA VS. PITTSBURGH
Game 5 — Sunday
Pittsburgh 6 Philadelphia 0
(Pittsburgh wins series 4-1)

NBA

CONFERENCE SEMIFINALS
WESTERN CONFERENCE
L.A. LAKERS VS. UTAH
(L.A. Lakers win series 4-2)
NEW ORLEANS VS. SAN ANTONIO
Game 7 — Last night
San Antonio 91 New Orleans 82
(San Antonio wins series 4-3)
EASTERN CONFERENCE
BOSTON VS. CLEVELAND
Game 7 — Sunday
Boston 97 Cleveland 92
(Boston wins series 4-3)
DETROIT VS. ORLANDO
(Detroit wins series 4-1)
CONFERENCE FINALS
WESTERN CONFERENCE
L.A. LAKERS VS. SAN ANTONIO
Game 1 — Tomorrow
San Antonio at L.A. Lakers, 7
Game 2 — Friday
San Antonio at L.A. Lakers, 7
Game 3 — Sunday
L.A. Lakers at San Antonio, 6:30
Game 4 — Tuesday, May 27
L.A. Lakers at San Antonio, 7
EASTERN CONFERENCE
BOSTON VS. DETROIT
Game 1 — Tonight
Detroit at Boston, 6:30
Game 2 — Thursday
Detroit at Boston, 6:30
Game 3 — Saturday
Boston at Detroit, 6:30
Game 4 — Monday, May 26
Boston at Detroit, 6:30

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Boston 7 Kansas City 0
Texas at Minnesota
Tampa Bay at Oakland
NATIONAL LEAGUE
Chicago Cubs 7 Houston 2
Washington 4 Philadelphia 0
Colorado 4 San Francisco 3
St. Louis at San Diego
Cincinnati at L.A. Dodgers
TODAY'S GAMES
AMERICAN LEAGUE
Seattle at Detroit, 5:05
Kansas City at Boston, 5:05
Baltimore at N.Y. Yankees, 5:05
L.A. Angels at Toronto, 5:07
Texas at Minnesota, 6:10
Cleveland at Chicago W. Sox, 6:11
Tampa Bay at Oakland, 8:05
NATIONAL LEAGUE
N.Y. Mets at Atlanta, 11:05 (Gm 1)
Milwaukee at Pittsburgh, 5:05
N.Y. Mets at Atlanta, 5:10 (Gm 2)
Arizona at Florida, 5:10
Philadelphia at Washington, 5:10
Chicago Cubs at Houston, 6:05
San Francisco at Colorado, 6:35
St. Louis at San Diego, 8:05
Cincinnati at L.A. Dodgers, 8:10

MEMORIAL CUP

SCHEDULE AND SCORES FOR THE CANADIAN HOCKEY LEAGUE CHAMPIONSHIP IN KITCHENER, ONT.:
ROUND-ROBIN
Last night
Belleville 6 Gatineau 3
Tonight
Spokane vs. Gatineau, 5
Tomorrow
Kitchener vs. Belleville, 5

NLL

CHAMPION'S CUP
SATURDAY'S RESULT
Buffalo 14 Portland 13

LOTTERIES

Friday, May 16, 2008
Lotto Super 7 10, 14, 15, 34, 40, 43 & 45. Bonus 28.
Saturday, May 17, 2008
Lotto 6/49 5, 21, 35, 38, 47 & 48. Bonus 45.
Results not official

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Credit squeezes reader

MONEY MATTERS
HENRY CHOO CHONG
choochonghcga@yahoo.ca

Q Last December, I purchased a condo, but I didn't anticipate all the costs of homeownership and used some other sources to close and finance. In addition to my mortgage, I have three credit cards, two department store cards, and a line of credit. Which should I pay down first — the biggest loans, the mortgage or the other loans? **— ANNA**

A Borrowers should pay down debts that carry the highest interest rates such as department store and credit cards. If you receive a "Congratulations, we are increasing your credit limit" notice from your department store or credit card company, decline the increase.

Consolidate your debts by increasing lower-interest LOCs and pay off the cards. Then dispose of some cards, and keep no more than the number of hands — not fingers — you have.

More than 60 per cent of Canadians own their own home; it's a worthwhile aspiration. But many first-time buyers underestimate closing and monthly carrying costs. For example, costs incurred on closing can include land transfer tax, appraisal fees, legal fees and disbursements, a portion of property taxes, utilities, new home warranties and so on.

Henry Choo Chong, CGA provides professional accounting and taxation solutions for individuals, businesses and corporations. E-mail all questions to Money Matters: choochonghcga@yahoo.ca.

Planning budget-wise holidays

Check out what's on in your city

SMART COOKIES
www.smartcookies.com

Q My husband and I are trying to plan a summer getaway but after looking at our finances, we're wondering if we can even afford it. Do you have any suggestions for getting away for less? **— SARAH S.**

A As summer approaches, more and more of our readers are expressing similar concerns. But even if a vacation seems out of reach this year, there is a way to get away.

Who said travel had to involve leaving your city? In every town, there are tons of attractions which locals never visit or may not even know about.

Here are a few tips on being a tourist in your own town, Smart-Cookie style.

First things first. As a tourist, you'll need to research as to what your hometown has to offer. Hit your computer and look up your city's visitor centre's website. Also, check out sites such as *tripadvisor.com* to find out what tourists are visiting in your city and when.

Most metropolitan cities throughout Canada offer cultural neighborhoods and districts, as well as theatre and entertainment districts. Try experiencing a new ethnic cuisine, or hit a local theatre. One of our favourites is our local Chinese night market where you can find anything from cheap knockoff purses to the latest kitchen gadget. And for last minute theatre and entertainment tickets for up to 50 per cent off, check out *www.ticketstonight.ca*.

Think that hotels are only for out of town guests? Think again. Getting away from your regular surroundings and staying in a hotel for a night could be exactly what the doctor ordered.

Many hotels offer discounts to locals — all you have to do is ask! And if you have the flexibility to stay at a hotel mid-week, rather than the weekend, or even in the off-season, prices can be even better.

To truly experience the city and to help save the planet, leave your car at home and travel like a tourist. Most major cities offer transit systems or special tourist buses which can get you to all the major attractions. And with the price of gas these days, you will likely save money as well. The key is to have fun without spending a fortune.

If you have questions for the Smart Cookies, e-mail us at *smartcookies@metronews.ca*. And don't forget to check us out every Wednesday on the W Network in our new time slot at 9 p.m. EST/PST.

The Smart Cookies show you their way to financial freedom. Tune in Wednesday night at 9 p.m. EST/PST on the W Network. Be sure to visit *smartcookies.com* to get new money tips and sign up for our newsletter.

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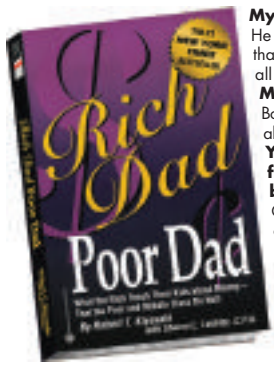

My Poor Dad was educated and intelligent. He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D... all on full financial scholarships.
My Rich Dad never finished the eighth grade. Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.
Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known. One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.
Both men offered me advice, but they did not advise the same things. My two dads offered me the perspective of contrasting points of view: a rich man's view and a poor man's view. This forced me to think about, and ultimately choose, a new way of thinking for myself. A way of thinking that assures financial security and prosperity! Now, through my books and workshops, I can share my mindset with anyone interested in mastering the Rich Dad® way of thinking - and use it to create true long-term wealth.

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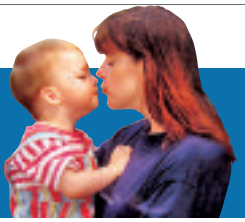
workology



Forty-three per cent of working moms would take a pay cut to spend more time with their kids a *CareerBuilder.com* survey found — with 34 per cent of them stating they would be willing to give up 10 per cent or more. METRO NEWS SERVICES

Fair bands brains, business

Canada's youngest scientists show their stuff in U.S.

equines rejoice

» One project featured a new method for attaching horseshoes to horses' hooves without nails.

By **RAFAEL BRUSILOW**
for Metro Calgary

Desires to both learn about the world and work to change it for the better motivate 16 of Canada's brightest young minds.

Hailing from high schools across all parts of the country, the 16 teenaged finalists chosen to represent Canada at the Intel International Science and Engineering Fair beamed with excitement at a recent showcase event before heading off to the site of this year's 11th annual fair in Atlanta, Ga.

> « *Often the best solutions to the most difficult problems are the simplest.* »
> *student Michael Peters*

"It's definitely been an experience of a lifetime," said Michael Peters, 16, from Victoria, B.C.

His invention is the definition of simplicity: A wheelchair that straps the user's legs into an array that keeps them in motion as the chair moves to prevent dangerous blood clots. Peters' grandmother suffered a stroke in 2002 so he built the chair with her legacy in mind. Peters designed his chair to be easily manufactured because he hopes it will go into real production.

"Often the best solutions to the most difficult problems are the simplest," Peters said.

Other finalists also had strong personal reasons for their research. Yale Michaels, a 16-year-old student from Winnipeg, Man., designed a way to better differentiate cancerous and non-cancerous cells in a person's body. His own grandmother died of cancer.

"Everyone knows someone who has been affected by cancer," Michaels said.

Doug Cooper, country manager for Intel Canada, says Intel sees the annual fair as a key lifeline for developing the kind of talent central to their own success.

"The skills we see represented here are fundamental to the viability of our business," Cooper said.

"This is university-grade science," he said.

Cooper suggests the biggest difference between science fairs 11 years ago and today is that the kids are much more prepared to take ownership of their intellectual properties.

Some are already thinking business: Peters has already started the patent process on his blood-clot-preventing wheelchair, while 16-year-old Roopa Suppiah from Deep River, Ont., greeted interviewers with her own business cards. Her project found an economically viable way to reduce the greenhouse gas effect by converting carbon dioxide from emissions into useful organic materials like ethanol.

The fair was held May 11-17th in Atlanta and 10 of the 16 Canadian teens placed in the top four award categories for their respective areas.

RAFAEL BRUSILOW/FOR METRO CALGARY

Beth Ferreira, 16, from Winnipeg, Man., speaks to a news reporter about her project. She showed how analysis of seal claws can be an indication of their level of exposure to mercury. She tied with three other world competitors for the second award of $1,500.

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metro
YOURHealth
Tuesday, May 20, 2008

Swimming and yoga, below, are considered to be "allergy-friendly" excercises, while jogging is among the worst, experts say.

Fitness nothing to sneeze at

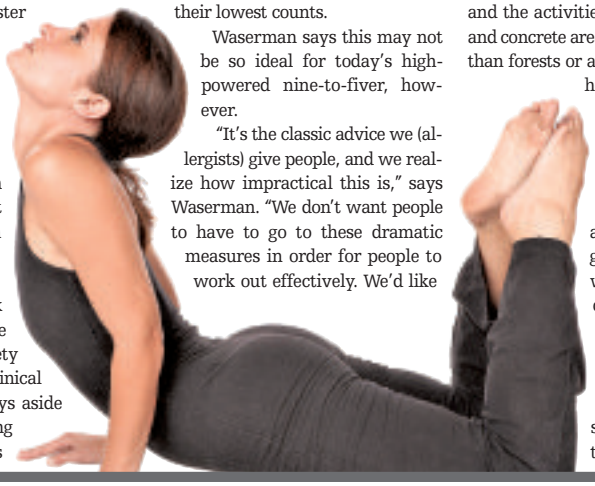
Allergy sufferers need not forgo outdoor exercise

By **BRIAN TOWIE**
for Metro Calgary

If you're the outdoorsy athletic type, it's the perfect time of year to head outside for some fresh air and exercise. But if you're also the allergic type, there's no worse season to do it.

Pollens, dust mites, moulds, animal dander, and grasses are among other substances ready and waiting to take your breath away this season, but that doesn't mean you should confine yourself to staying indoors. There are various ways you can enjoy the great outdoors and keep your allergic reactions to a minimum, experts say, and some of them are fairly simple.

"The message from allergists is don't suffer. Don't tough it out," says Dr. Susan Waserman, an allergist at McMaster University in Hamilton, Ont. "Allergy season is very long and it affects work, school and play. There's enough data now that says it can be a great interference."



Dr. Mark Greenwald of the Canadian Society of Allergy and Clinical Immunology says aside from treating your allergies with immunizing shots, dedicated exercisers can work out later in the day when cooling air currents drop and the pollens they carry are at their lowest counts.

Waserman says this may not be so ideal for today's high-powered nine-to-fiver, however.

"It's the classic advice we (allergists) give people, and we realize how impractical this is," says Waserman. "We don't want people to have to go to these dramatic measures in order for people to work out effectively. We'd like them to see their doctors and medicate."

You can also reduce your reactions based on your surroundings, and the activities you do. Beaches and concrete areas are better suited than forests or anywhere else with heavy vegetation, Waserman says.

More "allergy-friendly" exercises include swimming and yoga, experts advise, while jogging is among the worst. Because of quicker breathing, runners will intake pollens at a faster rate, says Greenwald, adding you should intake air through the nose.

"Mouth breathing gives allergens a more direct route to the lungs," Greenwald says. "The function of the nose, other than humidifying and warming the air, is a filter. If you eliminate the filter, a blocked nose for example, you're going to switch to mouth breathing earlier. We can get our lungs to react with spasms and inflammation."

But the best advice, allergists say, is to recognize and deal with the problem that causes reactions.

"Run a very sharp knife across the palm of your hand," says Greenwald. "How long did it take for the damage to occur? Not long. How long will it take you to get better? A lot longer. Same idea with allergies. The spasm is short, but it's the stuff going on inside you that's causing you to feel what you feel and it should be treated."

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Soy, rice milk good alternatives

alive

From the editors of alive magazine; alive.metro@alive.com

Drinking cows' milk can be a problem for those with lactose intolerance and/or dairy allergies.

Looking for an alternative to cows' milk? You're not alone: Many people today are facing this challenge. Drinking cows' milk is a problem for people with lactose intolerance and/or dairy allergies.

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MILK ALLERGY

Commonly confused with lactose intolerance, a milk allergy involves the immune system, which fails to recognize the proteins in milk as safe, and instead treats them as foreign invaders — the same way the immune system treats bacteria and viruses.

The result is a release of inflammatory mediators, and an unhappy and unhealthy digestive tract. A milk allergy typically involves many parts of the body and can manifest itself as swelling, hives, rashes, nasal congestion, asthma, nausea, diarrhea, or gas.

MILK ALTERNATIVES

A quick visit to the local health food store offers a number of milk alternatives, such as soy, almond, rice, oat, potato, and coconut milk. These products do not contain casein, the main protein found in cows' milk.

LACTOSE INTOLERANCE

Lactose is a sugar in cows' milk that many people are unable to digest. Lactose intolerance is a condition in which the gastrointestinal tract contains insufficient lactase, the enzyme that digests lactose. Lactose intolerance exhibits symptoms such as lower intestinal cramping, bloating, gas, and diarrhea. Luckily, milk alternatives such as almond, rice, and soy beverages naturally contain no lactose.

SOY BENEFITS

Choosing soy as an alternative to cows' milk has other advantages: The phytoestrogens in soy milk are thought to slow bone loss; and the American Heart Association recommends that soy products be included in a healthy diet. Soy can also help reduce the risk of heart disease, lower cholesterol, and control glucose levels.

If you suffer from dairy allergies or lactose intolerance, there are many alternatives to cows' milk offered at your local health food store.

» For more, visit *alive.com*.

alive is Canada's award-winning natural health and wellness magazine. Every month alive focuses on traditional and holistic healing, beauty, environmental issues, nutrition, emotional well-being, and supplementation. Pick alive up for free at your natural health store. Visit alive.com for more.

Build romance outdoors

DATING JUNGLE
KASIA IGLINSKI
datingjungle@metronews.ca

It may have been cold this long weekend, but many of us have found a perfect way to keep warm while still enjoying the great outdoors. Seven out of 10 Canadians say they have had sex while camping, suggests a survey of 700 people by Trojan Thintensity condoms, with women more likely than men to admit to enjoying our outdoor adventures.

For Stephanie Nairn, 25, getting wild in the wilderness isn't the primary agenda for pitching a tent and setting up camp, but it is a great way to connect with her partner.

"When you are camping it can be very intimate and romantic. It's good quality time with each other and that is what often leads to the sex," she says.

But if this past weekend didn't find you reconnecting with nature ... and your partner, remember camping season has only just begun.

Sarah Forbes-Roberts, co-owner of Come As You Are sex store, believes getting down and dirty in the great outdoors is a perfect way to spice up a relationship.

"People do get stuck in sexual ruts and (sex outside) creates that element of something new and exciting," says Forbes-Roberts. "Plus there is something to be said about having sex in the wilderness that feels deliciously risky."

Although it may be wise to pack some lube, condoms and maybe even a solar-powered vibrator for the sexually adventurous along with that sleeping bag and tent, Forbes-Roberts says the best summer memories are likely to be born out of spontaneity and picking the right moment.

"Try using what you have around you," suggests Forbes-Roberts. "Bring that air mattress out (of the tent) or try using some picnic tables to your advantage."

Just be mindful of splinters, mosquitoes and neighbouring campers — unless you want your sexual exploits posted on YouTube.

Seven out of 10 Canadians say they have had sex while camping, a survey suggests.

Kasia Iglinski is a journalist who enjoys her work and her dating life. Armed with a notepad and a curious mind, she's always on the prowl for a good story and a good date.

metro TOP 5IVE

Worst spots outdoors to have sex:

1. Close to poison ivy
2. On a red ant hill
3. In a canoe, below
4. On the edge of a cliff
5. In a Porta-Potty

— Kasia Iglinski/for Metro Calgary

'Knowledge is power'

Stay proactive to avoid reactions at spa: Expert

By SANDY CAETANO
for Metro Calgary

Going to a spa and being pampered with a massage, facial, manicure or pedicure is a luxury many people love to indulge in. But when you have allergies to specific skin-care products, the idea of going to the spa might not be so relaxing.

Most allergy sufferers are aware of what causes their allergies, so if something used for one of the treatments could cause you to have a reaction, you should let the spa know, says Gaye Sihin, assistant manager at Elm Spa.

"We encourage a proactive approach and sharing of information at time of booking," says Sihin. "As with most things, knowledge is power; the more information we have, the better. This will allow our spa care experts to prepare and make substitutions as necessary."

Some spas use products with natural ingredients but even still, reactions may occur. Mike Nasser, owner of Avalon Salon and Spa in Calgary, says his spa uses mostly water-based products to avoid reactions.

"People with allergies would have to use something that's water based, so that includes anything you put on the face or anything you put in the water for pedicures," he says.

For those with severe nut allergies, avocado mud masks might also pose a danger.

"You have to read and get educated about the product carefully," Nasser says. "If you have a product you use at home, you could bring it with you and we'll use that instead.

"You'll have to talk to the esthetician beforehand to do a test, so for example in the hair business, if you're allergic to the hair colouring we put a little spot behind your ear to examine what the reaction is going to be."

entertainment

Actor Will Smith, left, is investing more than $1 million US in a new school near his Calabasas, Calif., home. IMDB.COM

Stunt stories

Movie veteran shares secrets from National Treasure 2

By **RICK MCGINNIS**
for Metro Calgary

On a private road on the grounds of a palatial estate in Bedfordshire outside London, under the roaring flightpath of Luton airport, a group of professional stunt drivers are recreating a scene from National Treasure 2 for the edification of the international press. Groups of journalists are being rotated through the site, packed into a series of cars, and driven wildly down the road while a truck tosses beer kegs at them, in an attempt to duplicate a scene from the movie shot a year earlier in downtown London.

Overseeing it all is Graham Kelly, a 30-year movie stunt veteran who had the title "action vehicle supervisor" for the Disney film starring Nicolas Cage and Jon Voight. The beard and wild hair, he explains, were grown in recently to double Anthony Hopkins in The Wolf Man, then in production in England. Four times today he'll stand just next to the country road with his walkie-talkie giving cues and anxiously watching his team of stunt drivers hurl journalists around the inside of specially-prepared cars while the beer kegs — actually made of fibreglass and foam rubber — rain down on them and bounce around the road.

"I sort of fell into it really," he recalls, looking back on how he ended up here. "A friend of mine, my best friend, his father was a stunt man. He naturally progressed into stunts and I went with him. Nowadays it's a much different kettle of fish, becoming a stunt man. They have very stringent rules. You have to have six qualifications up to a gold standard in things like martial arts, riding, diving, all these kind of things, before you're eligible to become a stunt man. You only ever get the best people."

The car chase that anchors the first half of National Treasure 2 is considered one of the biggest, and certainly the fastest, that's ever been filmed in central London. It took six weeks to shoot, with Kelly and his team rehearsing every collision and rollover on a course outside the city, and shooting at a breakneck pace over the weekends, when the business and tourist heart of London could be safely locked down and dressed up.

"The thing about stunts," Kelly tells us, "is that the smallest stunt has to be done as properly as the biggest stunt, and it's the smallest stunt that'll get you hurt and not the biggest stunts, because there's so much preparation taken into high falls and fire jobs and car turnovers and that. I specialize in horses, and basically it's you, the horse and the ground, and it hurts a lot more than rolling a car. Horse boys have the hardest job in films, I think, and I am one, so of course I'll say that."

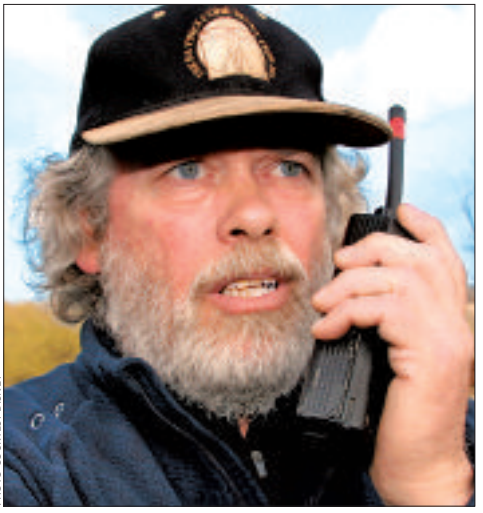

PHOTO COURTESY DISNEY

Stunt veteran Graham Kelly oversees a vehicle chase sequence.

Stage set for American Idol showdown

By **SANDY CAETANO**
for Metro Calgary

The final American Idol showdown has finally arrived with the captivating rocker pitted against the all-American pretty boy.

But who will be crowned the seventh season's new king? Will it be 17-year-old David Archuleta from Murray, Utah? Or will 25-year-old David Cook's rock edge give him the upper hand?

Throughout the entire season viewers have learned a lot about both Archuleta, the singing sensation with the over involved stage dad and Cook the former bartender from Blue Springs, Mo. And both have equally powerful vocal ranges.

There's no doubt Archuleta would make a great pop star, after all this is the type of artist all the 16-year-old girls go gaga for. His sweet, sultry and cute look is what makes him so marketable. This aspiring young singer is best known for singing love songs, something he can nail without a hitch — of course, that is if he doesn't forget the lyrics.

Archuleta made that mistake earlier on this season, but was able to put the nerves behind him, and come back stronger than before. And though Archuleta is good at playing the balladeer, it does get kind of old. Archuleta needs to learn how to change things up a bit in order to keep people hooked — then again, why mess with a good thing?

Cook, on the other hand, keeps viewers on their toes from his interesting performances to his unbelievable vocals. Week to week, you never know what to expect in terms of his song choice and what he plans on doing to that song.

Yet, although Cook is very talented, as we've seen in past seasons — like with Oscar winner Jennifer Hudson — talent doesn't always get you the win.

The Chronicles Of Narnia: Prince Caspian is No. 1 at the box office.

weekend box office

» Following are the top 10 films at the North American box office, according to studio estimates:
» **1. The Chronicles Of Narnia: Prince Caspian, $56.6 million US**
» 2. Iron Man, $31.2 million
» 3. What Happens In Vegas, $13.8 million
» 4. Speed Racer, $7.6 million
» 5. Baby Mama, $4.6 million
» 6. Made Of Honor, $4.5 million
» 7. Forgetting Sarah Marshall, $2.5 million
» 8. Harold & Kumar Escape From Guantanamo Bay, $1.8 million
» 9. The Forbidden Kingdom, $1 million
» 10. The Visitor, $687,000

REUTERS

text tally

Average Idol voter casts 38 ballots

REALITY TV New data reveals the average American Idol viewer weighing in on their favourite hopeful voted 38 times via text message last month and that women vote far more than men.

And contrary to popular wisdom more than half those watching are viewers aged 35 and up, which may bode ill for teen David Archuleta in his face-off against alt-rocker David Cook, 25, in the finale today. REUTERS

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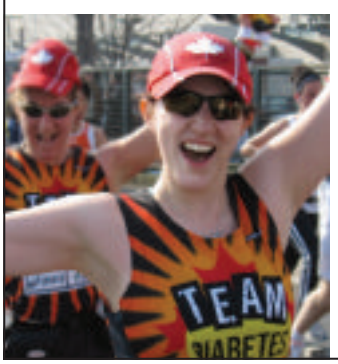

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Register by: August 8, 2008

Prague
May 2009
Register by: October 10, 2008

Gold Coast - Australia
July 2009
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Pierce Brosnan, left, and Susan Sarandon are starring in the drama The Greatest. Brosnan and Sarandon play grieving parents trying to get over the loss of a teenage son. EW.COM

Not necessarily Treasure

National Treasure 2: Book Of Secrets

Stars: Nicolas Cage

Distributor: Disney DVD

PG

DVD REVIEWS

RICK McGINNIS

rick.mcginnis@metronews.ca

DISNEY'S MARRYING of Indiana Jones with The Da Vinci Code will likely be seen as a telling symptom of the simmering paranoia that underlies this moment in history — not nearly as anxious or fearful as the post-Nixon '70s, but a sign that we can't even enjoy an action movie franchise without being reminded of our powerlessness, and the commonplace idea that knowledge is every day disappearing behind locked doors and into the realm of secretive cabals. This is the only way of explaining how a farrago of sheer, giddy nonsense like National Treasure and its sequel, now on DVD, can assume such a mantle of unearned gravitas. Nicolas Cage is back as Ben Gates, the swashbuckling historian, on a quest to clear his family's name after one of his ancestors is implicated in the Lincoln assassination.

With a passel of baddies led by Ed Harris at his heels, he has to find a mythical city of gold to restore his reputation, and ends up with the feds in on the chase after he briefly kidnaps the president to get a glimpse at the book in the title — a conspiracy scrapbook collected by the residents of the White House for their eyes only.

Chalk it up to Disney's characteristic bloodlessness, but the book ends up playing as a hopeful, not sinister, artifact, probably because it implies that at least someone knows that someone knows the answers to history's questions.

Cranford

Stars: Judi Dench

Distributor: BBC DVD

Stitched together from three novellas by the Victorian novelist Elizabeth Gaskell, the BBC miniseries Cranford delivers a rich, bubbling broth of star-studded melodrama set in a time when, thanks to the uncertainty of medical science, anyone can die at any time, and frequently do, to heartbreaking effect.

National Treasure 2: Book of Secrets is now available on DVD.

It's fitting, then, that one of the central characters of the story is a young doctor who sets up practice in the sleepy English town that gives the series its name, a place that's a functional matriarchy ruled by a group of women ranging from formidable to ridiculous; his ability to control his fate in their midst is as doubtful as his facility in staving off death. With a cast that includes Judi Dench, Michael Gambon, Imelda Staunton, Eileen Atkins and the great Philip Glenister from Life On Mars, this 5-part series is never less than watchable, and is closer to riveting most of the time, especially when we've been conditioned to the fact that anyone, at any given time, can be carried off by a chill or the effects of an infection.

more online

» For reviews of Penn & Teller, The Night They Raided Minsky's and If It's Tuesday, It Must Be Belgium, please visit *metronews.ca*

country music

Chesney wins but criticizes vote

Chesney

FAN VOTING Kenny Chesney won entertainer of the year for the fourth straight time at the 43rd Annual Academy of Country Music Awards Sunday — but said that organizers had devalued the top prize by making it a "sweepstakes" up for vote on the Internet.

This year marked the first time that the academy let fans choose the top entertainer award — and Chesney took issue with that move. "It's a complete disrespect of the artists. I think because of that it really diminishes the integrity of the work," he said.

documentaries

Moore: Follow-up 'dangerous'

BRINGING ON HEAT? Michael Moore, who last week unveiled plans for a follow-up to Fahrenheit 9/11, said Friday the new film would cover topics so "toxic" he probably should not make it. "It's something I shouldn't make, something that is dangerous. What I'm going to say in this film is what probably 70 percent of them (audiences) don't want to hear," Moore said. REUTERS

Little Shop of Horrors
Book & Lyrics by Howard Ashman
Music by Alan Menken
Opens this Friday!
MAY 25 to JUNE 9, 2007
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Actress Cynthia Nixon, right, has laughed off reports she is to wed her partner Christine Marinoni, insisting she would only consider marriage if it was legal in her native New York.

IMDB.COM

Jessica Farm creator is in it for long haul

Jessica Farm Vol. 1
Author: Josh Simmons
Publisher: Fantagraphics Books
Price: $14.95 US (Paperback)

COMIC BOOKS
JONATHAN P. KUEHLEIN
comicbooks@metronews.ca

more online

» For Jonathan's reviews of Booster Gold: 52 Pick-Up, Superman/Batman: Torment, Nixon's Pals and Outsiders: Five Of A Kind visit *metronews.ca*.

COMIC BOOK CREATORS truly are vagabonds nowadays.

More and more in recent years, they work on a series for six or 12 months and then scurry off to the next book. This leaves readers to deal with either the end of a favourite monthly release or a new direction under a different writer and/or artist.

Fewer and fewer creators are willing to spend a few years really developing a book and its characters, like Brian Azzarello and Eduardo Risso and their 100 issues of 100 Bullets or Brian Bendis and Mark Bagley on Ultimate Spider-Man.

So to hear that Josh Simmons plans to work on his book, Jessica Farm, for the next 50 years is pretty shocking.

Simmons, who enjoyed some critical success with his recent debut graphic novel, House, began Jessica Farm in January 2000 with a single page. Since then he has written and drawn one page a month and he plans to continue this pace for 50 years in total, releasing 96-page volumes every eight years until he completes a 600-page story.

As for the content of this first volume, Jessica Farm is a very nice girl who lives in a very odd place. Her wonderfully quirky house is filled with secret spaces and hidden residents — from a friendly talking monkey to an angry nipple-twisting old man — and this first book follows Jessica's adventures on a not-so-simple trip downstairs on Christmas morning.

Jessica Farm is ambitious and entertaining and it might just have you thinking ahead to the spring of 2016 for volume 2.

The Exterminators Vol. 4: Crossfire And Collateral
Author: Simon Oliver, Darick Robertson, Ty Templeton
Publisher: Vertigo/DC Comics
Price: $16.99/$14.99 US (Paperback)

THEY'VE BEATEN AN army of skittering cockroaches before, but the exterminators at Bug-Bee-Gone have never faced anything like a legion of Mayan hissers.

One of the nastiest adult-oriented series around turns the action up yet another notch as noted bug killer Henry James and his friends at this L.A.-based pest-control company come face to face with a bug that is rumoured to have brought down an entire ancient civilization.

Worse yet, their old nemesis Kheperon, apparently a reincarnated Egyptian god of bugs, is the one leading the hissers into battle, looking to see to it that the exterminators are the ones about to get gassed.

This series comes to an end with June's issue #30 and Crossfire And Collateral — featuring fine art by Toronto native Ty Templeton — sets the stage nicely for the ultimate battle between humans and insects.

With a den filled with thousands and thousands of comics, Jonathan P. Kuehlein is Metro's professional geek. He is, however, 6-foot-2 and 185 pounds, so you probably shouldn't call him that to his face.

Wii Fit is a trademark of Nintendo. © 2008 Nintendo.

Paula Brancati and Paul Peic

Paula turns to Philosophy

CELEB BEAUTY
MARCY CORNBLUM
entertainment@metronews.ca

Paula Brancati, actress, plays Jane on Degrassi: The Next Generation airing on CTV:

Q What products make you look and feel good?

A One of my favourite products is Philosophy's Vanilla Birthday Cake. It's a three-in-one shampoo, shower gel and bubble bath. It smells amazing!

Q Describe your style?

A My style is ever-changing. The key is looking classy and feeling comfortable.

Q How do you keep life in perspective?

A I surround myself with positive people. They keep me laughing and remind me not to sweat the small stuff.

Q What are your healthy eating habits?

A The biggest things for me personally include eating everything in moderation and drinking lots of water.

Paul Peic, co-host of The Big Flip II airing Saturday nights on HGTV:

Q What products make you look and feel good?

A Two of the products I use daily are St. Ives Apricot cleanser and Joico ICE Spiker Water-Resistant Styling Glue for my hair. This gel is the strongest product out there.

Q Describe your style?

A I try to keep up with fashion trends, but it has been difficult in the past year. We are at the job site every day and are usually covered in dust and dirt by the end of the day. I am most comfortable in my surf shorts and flip flops.

Q How do you stay fit?

A I try to get to the gym three times a week. I do not drink, smoke or do drugs. I maintain a healthy lifestyle by staying active. I enjoy all types of extreme sports.

Q What are your healthy eating habits?

A I try to eat as healthily as possible. I start my day off with a protein shake and drink water throughout the day.

Marcy Cornblum is a freelance journalist. She has developed up-close and personal relationships with celebrities including actors, musicians, television personalities and politicians.

Cannes film festival program serves up grim offerings

At the midpoint in the competition for the coveted Palme d'Or at the Cannes Film Festival, the South Americans are in the lead.

Arguably, the two best-received films so far have been Walter Salles and Daniela Thomas' Linha de Passe from Brazil and Pablo Trapero's Lion's Den from Argentina.

Francophiles might want to argue the case for Arnaud Desplechin's A Christmas Tale, whose highly literate and witty screenplay might, to many minds, compensate for the writer-director's propensity for melodrama. Matteo Garrone's Gomorra, a documentary-style tale of an all-powerful Italian criminal empire, also is much admired.

There will be general agreement in this, however: It's been a tough slog through an urban plague, social decay, war crimes, crime wars, families in prison and families torn apart by dead children.

No wonder Thierry Fremaux programmed Kung Fu Panda and Vicky Cristina Barcelona out of competition. Cannes really did need a bouncy panda and those comically tempestuous lovers, Penelope Cruz and Javier Bardem, to lighten this load.

The opening-night film, Fernando Meirelles' Blindness, found favour in few quarters. The general feeling is that a world-class filmmaker challenged himself by adapting to the screen a perhaps unfilmable novel and fell short of the mark. This is no shameful failure — there is much to admire in the opening sequences, visual design and acting — but it represents an odd choice for an opening film.

Ari Folman's Waltz With Bashir from Israel is an "animated documentary," in which Folman sets out to interview friends and former veterans about their shaky memories of the first Lebanon war in the early 1980s.

REUTERS

ERIC GAILLARD/REUTERS

Actresses Martina Gusman, left, and Elli Medeiros, pose before the official screening of their film Leonera, or Lion's Den, at Cannes. The film is among the favourites so far.

Singer/actress Jennifer Hudson's self-titled solo album has been set to make its debut in September. Her first single, Spotlight, will hit radio on June 9 and be made available for digital download the following day.

E! NEWS ONLINE

Gossip Girl meets hype machine

IDIOT BOX

RICK McGINNIS
rick.mcginnis@metronews.ca

THE LAST BIG THING: Last month, New York magazine put Gossip Girl on the cover, with a long piece full of slack-jawed, overwritten prose inoculated with just enough sarcasm to evoke the you-were-there-at-the-cultural-Ground-Zero mood that the magazine's best features once did so well, back when they printed the cover story that became the basis for Saturday Night Fever.

The story, written by Jessica Pressler and Chris Rovzar, gets off to a breathless start with a group of bridge-and-tunnel teens on the prowl one Manhattan weekend, going into a frenzy by a sighting of Penn Badgely, who plays Dan Humphrey on the CW network show. The writers shift their tone to qualify their love of the show as ironic, at least at first. "At first we cloaked our adoration in irony," Pressler and Rovzar write. "'It's awesomely bad,' we explained to friends. 'You know, like Showgirls. Or a Bloomin' Onion.'

"But before long we were covering the show pretty much exhaustively on the Daily Intelligencer, the blog we write on *nymag.com*."

First of all, I don't know what a Bloomin' Onion is either, but my alarm bells go off when I realize that I'm reading something written by people who write a blog that appears on the website of a print publication.

These are the ambitious young freelancers who've lucked out and landed a contract gig doing the web-only content that the publishers and top editors don't really read — or even understand — but were told they need for credibility's sake to seem like they know what they're talking about when they discuss "future strategies" and "new media" with Marketing magazine.

The writers who get these gigs are usually cultural omnivores, host to a variety of enthusiasms, active and latent, who need to be able to say that something is hot when asked questions like, "So, what's hot?" by people who report to the people who sign their paycheque.

In the New York piece, we're told, for instance, that Gossip Girl is "the Greatest Teen Drama of All Time," that it's "changing the very model of a successful TV show," and that it "offers profound social commentary."

"The show mocks our superficial fantasies while satisfying them," writes Pressler and Rovzar, "allowing us to partake in the over-the-top pleasures of the irresponsible superrich without anxiety or guilt or moralizing. It's class warfare as blood sport."

Well, since you put it that way. Of course, if by "changing the model of a successful TV show" you mean getting mediocre ratings, then the revolution is now, according to a piece in last week's National Post, which quoted Rovzar admitting that the show is "overhyped."

"I don't mean that in quality," Rovzar said, "because obviously I love the show and I think it's a great time, but it is overhyped in terms of success. It's not a huge success at all ... It's a certain very Internet-savvy group of people that are really really really excited about the show."

Rick McGinnis writes about music, movies, books and television, but not opera. He walked 47 miles of barbed wire and has a cobra snake for a necktie.

DeGeneres, de Rossi to wed

Comedian and talk show host Ellen DeGeneres plans to marry her long-time partner, actress Portia de Rossi, after a California court ruling allowing gay marriage.

"I am announcing I am getting married," DeGeneres, 50, told the audience during the taping of her TV show Thursday.

To wild cheers and a standing ovation, DeGeneres said she was very excited at Thursday's ruling by the California Supreme Court overturning a state ban on gay marriage.

de Rossi and DeGeneres

"Thank you. I'll tell you who the lucky guy is soon," she joked. DeGeneres did not mention de Rossi, 35, but pictures showed the former Ally McBeal actress in the audience, smiling and applauding.

"It is something of course that we have wanted to do and we wanted to be legal, and we are just very, very excited," DeGeneres said. DeGeneres and de Rossi have been a familiar couple in Hollywood for about four years, appearing at red carpet events together. DeGeneres previously had a relationship with actress Anne Heche.

REUTERS

casting

Canadian actress to join CSI

VEGAS-BOUND Canadian actress Lauren Lee Smith is joining CSI: Crime Scene Investigation next season, filling the void left by the departure of Jorja Fox.

Details about her character are sketchy, but she will play a new sleuth joining the graveyard shift of the Las Vegas crimebusters.

The 27-year-old Vancouver native previously played a chef during three seasons of the lesbian drama The L Word.

REUTERS

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	-	371 5	KXLY	News	News	Entertain	Insider	Dancing-Stars		Dancing With the Stars		
	245	306 6	CBRT	NHL Hockey		CBC News	Mercer	To Be Announced		National		The Hour
	244	338 7	CICT	ET	Entertain	Shark (N)		NCIS "Judgement Day" (N)				News
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	-	373 22	KAYU	'70s Show	Simpsons	Two Men	Two Men	American Idol		Hell's Kitchen		News (N)
	297	652 37	WPIX	Reaper (N)		CW11 News at Ten		Fam. Guy	Two Men	Sex & City	Will-Grace	Frasier
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	417	406 48	SPEED	Tuner	Low Life	Sup Bikes	Sup Bikes	Pinks	Pass Time	Thunder	Thunder	Tuner
family	552	543 20	YTV	Drake	Drake	Malcolm	Prank Ptrl	Fries	Monster	Futurama	Shadow	Falcon
	557	541 39	FAM	Zoey 101	Life Derek	So Raven	Smart Guy	Suite Life	Sadie	Montana	Life Derek	School
	555	545 67	TOON	6teen	Johnny T	George	Road Run	Scooby	Futurama	Tripping	Tripping	Chicken
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	553	546 17	TREE	Little Bear	Spider	Couch	Rolie Polie	Berenstain	Dragon	Backyard	Dora	Quilt
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	602	568 23	W	Shopping	House	Will-Grace	Friends	Maxed	Style Jury	Kim	Style Jury	Naked
	521	560 24	TLC	48 Hr-Evidence		48 Hr-Evidence		Dateline Myst.		48 Hr-Evidence		48 Hours
	603	561 25	FOOD	Chef	At Table	Kitchen Nightmares		Restaurant Makeover		Iron Chef America		Chef
	615	520 26	A&E	The First 48		Simmons	Simmons	Gene Simmons		The First 48		First 48
	617	522 32	SHOW	Trailer	Billable	ReGenesis		Blue Murder		Trailer	Kenny	CSI: NY
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	520	505 35	DISC	Smash Lab	Insulation.	Deadliest Catch (N)		Daily Planet		Smash Lab	Insulation.	Deadliest
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	626	547 41	COM	Laughs	Comics!	Air Farce	22 Min	Laughs	Corner	Simpsons	S. Park	MADtv
	-	539 42	TCM	(6) Rear Window		The Man Who Shot Liberty Valance				How the West Was Won (1962)		
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	522	516 45	HIST	Disasters	Mastrmnd	NCIS		Digging for the Truth		The Immortal Beaver		NCIS
	627	528 46	SPACE	Star Trek Gen.		Hex		Stargate SG-1		Star Trek: Voyager		Enterprise
	-	- 47	AMC	(6) The Sand Pebbles ★★★ (1966, Adventure)						The Sons of Katie Elder (1965)		
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	600	564 50	HGTV	Colin & Justin		Green	Outside	Colin & Justin		Designer	Design	Colin
	501	391 52	CTV	CTV Newsnet		News	CTV News	News	CTV News	News	News	News
	504	508 70	BNN	Squeeze Play		Market Call		Business News		Market	Workopol	Squeeze
	526	507 92	CLT	Psychic	Evidence	Traders		The West Wing		Spy Web: Japanese		Psychic
	269	350 93	APTN	First Talk	News	Circle	Miywaya	Nedaa-Yukon		Guides	Tears	Insight
	-	- 94	MCP	News	News	The Land	Daughters	Il Caffe		Germany	Euromaxx	Schau
	571	581 100	MMM	Ringo Starr		Hogan	Hogan	Listed		Ringo Starr		Hogan
	570	580 101	MM	Gone Wild	Stars Wild	Trial	Trial	Punk'd	Born to Be	The O.C.		Cradle
	581	566 102	MTV	Tila Tequila		Tila Tequila		MTV Live		Tila Tequila		Tila

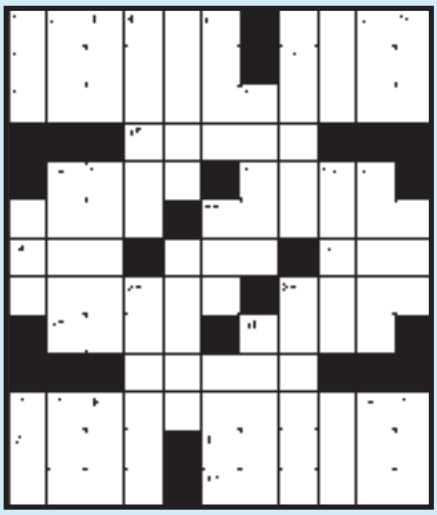
critics' corner

Dancing With the Stars
Whose footwork is fanciest? Whose moves are smoothest? That is up to the viewers and the judges to decide, and their chosen couple is crowned on tonight's results show. Expect some eye-popping dance maneuvers as the result of all that training pays off for the winners in the season finale. Whether you're excited or not will depend upon whether your favorite is still in the running. 10 PM on CFCN, KXLY

American Idol
The musical fortunes of past "American Idol" winners have been all over the map — superstardom for the likes of Carrie Underwood and Kelly Clarkson, subpar success for Ruben Studdard and Taylor Hicks. So it's anyone's guess how this year's winner — to be announced Wednesday after the final two perform tonight and the fans vote — will fare post-"Idol." One thing's for sure, though: Getting here is always fun. 9 PM on CFCN, KAYU

Hell's Kitchen
Four dishes. Twenty ingredients. And they've gotta use 'em all. That's the challenge in this new episode, and it'll require a pile of planning and a ton of teamwork. But one team has to make it work without one member who's injured in the kitchen, bringing the medic to the scene. Just keep the blood out of the food, OK? Gordon Ramsay presides over the action, as always. 10 PM on CKAL, 10:02 PM on KAYU

Shark
If it's the season finale, it must be time for Wayne Callison (Billy Campbell) to make a return appearance. At the end of last season, Stark (James Woods) had another chance to put Callison, a serial killer whom he'd earlier failed to convict, away for good. Now Wayne's escaped from prison with revenge on his mind and Stark's daughter, Julie (Danielle Panabaker), in his sights. Uh-oh. 11 PM on KREM



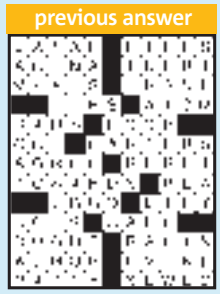
down »

1 Cleaning cloth
2 Conceit
3 Kauai souvenir
4 Poor
5 Painter Degas
6 Speedy
7 Firefly, for one
8 Civil-rights leader Wells
9 Lend a hand
10 Hog holder
14 Candle
16 Pitcher Santana
17 Delight
19 Make sense
20 "In the Seven Woods" poet
21 Beanie or beret
22 Method
23 Banned bug-killer
25 Skimpy swimwear
28 Girder lifters
29 Madison's successor
31 Traveler's stop
33 Recipe amts.
34 Mountain pass
35 Low number
36 Traveler's stop
37 Valuable rock
38 Quick bite
39 Oven fuel

across »

1 Charitable aid
7 Prejudice
11 To-do list
12 Fix text
13 Not dating others
15 Bother
16 Taunt
18 Stage show
21 Not even close
22 Did garden work
24 Cry of discovery
25 Paver's goo
26 Pop
27 Like some fog
29 Pound hound
30 Infamous emperor
31 Brewing need
32 Composer Bruckner
34 Continuing to succeed
40 Last of the Stuarts
41 Illinois city
42 Corrals
43 Catches some z's

previous answer



HOROSCOPE

ARIES | March 21-April 20
Being too sociable will cause delays. Nostalgia will force you to remember past loves. Insecurity will be worked with to create willpower.

TAURUS | April 21-May 21
People understand what you're going through. Look for a cloud's silver lining. An unusual reaction cannot be explained.

GEMINI | May 22-June 21
Your social life can get more exciting. Have some happy times when someone invites you out. Trust your own common sense.

CANCER | June 22-July 22
It's time to withstand an emotional shift. Try to take over a complicated matter. Difficulties will arise through a lack of trust.

LEO | July 23-Aug. 23
Don't sacrifice your ethics for material gain. People are gossiping about a recent ordeal. Anxiety attacks need more astute care.

VIRGO | Aug. 24-Sept. 22
Take a break with your quiet friends. Expect bad news to be followed by good. Listen to your inner feelings when people act strangely.

LIBRA | Sep. 23-Oct. 23
Don't lose faith in a loyal person. Interesting news will convey a solution to a problem. Don't reveal too much about your past.

SCORPIO | Oct. 24- Nov. 22
Minimize the impact of a woman's sarcasm. You'll get in the way of progress. A foolish escapade creates laughter.

SAGITTARIUS | Nov. 23- Dec. 21
Someone is released from an obsession. You'll get to take your turn at being funny. Send a note to express your concern.

CAPRICORN | Dec. 22-Jan. 20
A romance with a rude female will be infuriating. You will hesitate before implementing plans. Astonish others with cunning moves.

AQUARIUS | Jan. 21-Feb. 18
You're magnetic because your confidence has grown. Bring out your rowdiness. Someone takes advantage of a good chance.

PISCES | Feb. 19-Mar. 20
A gullible person will believe a lie. Do not let anything get the better of you. Don't let on if you get bored with a storyteller. AVATAR VENUS

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This Day IN HISTORY

May 20, 1609: Shakespeare's Sonnets first published in London, perhaps illicitly, by Thomas Thorpe.
May 20, 1873: Levi Strauss and Jacob Davis receive a U.S. patent for blue jeans with copper rivets.
May 20, 1920: Montreal station XWA broadcasts the first regularly scheduled radio programming in North America.
May 20, 1932: Amelia Earhart takes off from Newfoundland for the first solo nonstop flight across the Atlantic Ocean by a female pilot, landing in Ireland.
WIKIPEDIA.ORG

	4	7	2		5			6
	3	5						8
1			9					
4	7				8			
	2	6				4	3	
			7				8	1
					9			4
2						5	7	
7			4		2	1	6	

instructions »

The digits 1 through 9 will appear exactly once in each row, and each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time »

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

8	4	6	2	1	3	5	7	9
3	5	9	8	7	6	2	1	4
7	2	1	9	5	4	8	6	3
2	6	3	5	4	1	9	8	7
5	9	8	7	6	2	3	4	1
1	7	4	3	8	9	6	2	5
9	3	7	4	2	8	1	5	6
4	1	2	6	3	5	7	9	8
6	8	5	1	9	7	4	3	2

Calgary weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Variable. 21°	Showers. Low 7°	Rain. 14°/5°	Variable. 12°/6°	Rain. 9°/3°
	40%	70%		70%

Temperature
Normals
High: 16.8°
Low: 3.3°

Records
High: 31.1°/1897
Low: -4.8°/1987

Sunrise: 5:38 a.m.
Sunset: 9:27 p.m.
Moonset: 5:18 a.m.
Moonrise: 10:58 p.m.

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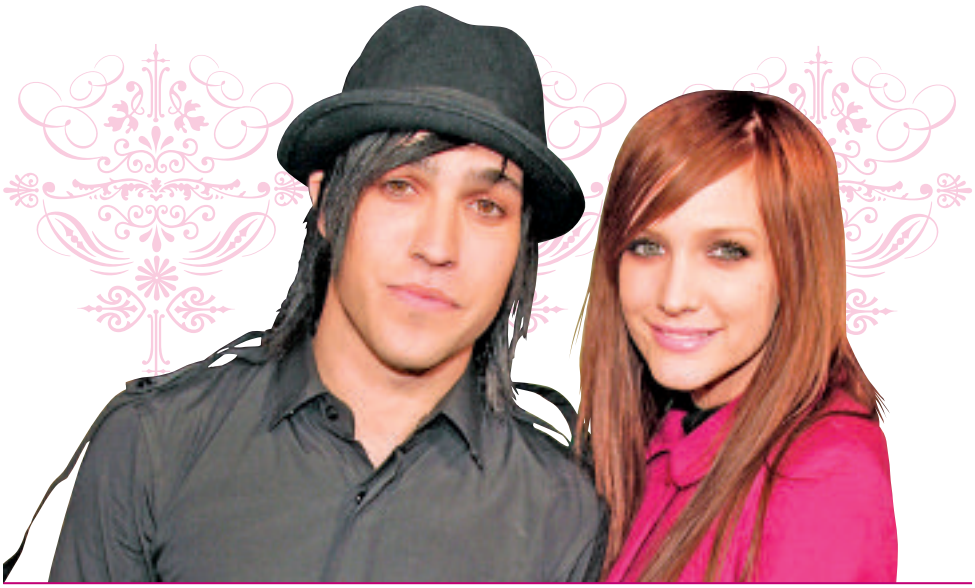
celebritybuzz



Pete, Ashlee marry

Singer Ashlee Simpson Saturday married her fiancé, rocker Pete Wentz, Reuters reports People magazine as saying.

Simpson's father hosted the wedding at his Encino, Calif., home, performing a nondenominational ceremony in front of about 150 guests, the magazine said on its website, quoting a representative of the couple.

"We're delighted to confirm that Pete Wentz and Ashlee Simpson were married this evening in front of family and close friends," said the spokesperson.

Simpson wore an ivory lace wedding gown by Monique Lhuillier and jewels by William Noble.

Wedding planner Mindy Weiss helped Simpson have her dream nuptials: An Alice In Wonderland-themed reception featured a wedding cake with a top hat, teapot, stopwatch and a pot of flowers on top. Black beauty roses made up the centrepieces, and guests were served Rose Veuve Clicquot champagne followed by a sit-down dinner and dancing to a deejay, reports People.

Celebrity guests included socialite Nicole Richie and singer Joel Madden, as well as actor Donald Faison with girlfriend CaCee Cobb.

Simpson had told People that she was never the type to dream about her wedding when she was growing up, but changed her tune once she got engaged. "I got really into it," Simpson said.

Simpson and Wentz announced their engagement in April and have been romantically linked since 2006. The marriage is the first for both.

Simpson, 23, released her third music album, Bittersweet World, in April. She is the younger sister of singer and actress Jessica Simpson, who acted as maid of honour at the wedding.

Wentz, 28, co-founded Fall Out Boy in 2001. The band has since built a loyal following with albums like its popular 2005 release, From Under The Cork Tree.

Metro News Services

Miley defends song

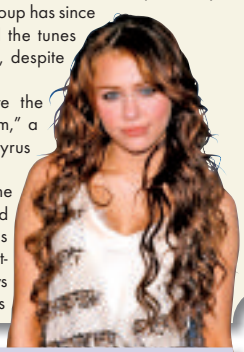
Singer/actress Miley Cyrus has hit back at accusations she ripped off a Los Angeles band's song because she doesn't write any of her own music, *imdb.com* reports.

Los Angeles band Lustra fired claims that Cyrus' song Rockstar is a carbon copy of their Scotty Doesn't Know tune.

Fans alerted the band – whose track appeared on the soundtrack to the 2004 movie Eurotrip – to Cyrus' song-similarities. The group has since reportedly determined the tunes are virtually the same, despite mismatching lyrics.

"She doesn't write the songs – she sings them," a spokesperson for Cyrus says.

According to The New York Post, the band "is considering various options to rectify this situation." Metro News Services



Brooke adopts girl

Grey's Anatomy actress Brooke Smith has adopted a baby girl from Ethiopia, *People.com* reports.

It is the second daughter for Smith, 40, who has a five-year-old daughter, Fanny, with her cinematographer husband Stephen Lubensky.

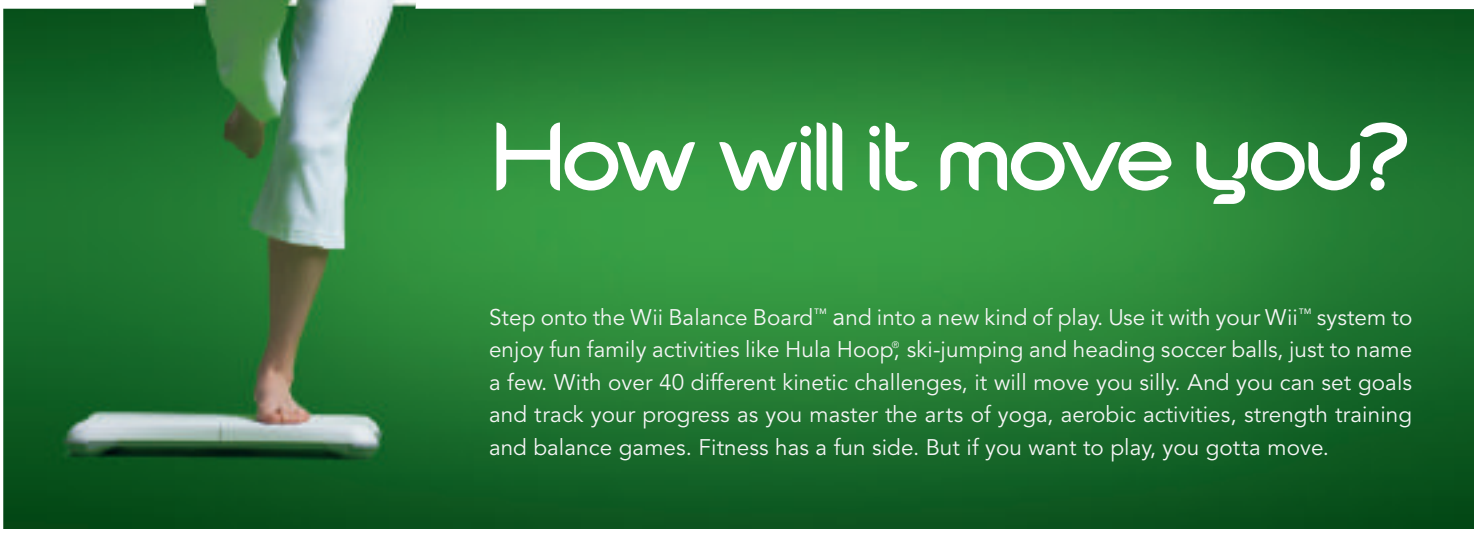
Smith, who is best known for her role in Silence Of The Lambs and now plays Dr. Erica Hahn on Grey's Anatomy, told People magazine in October that she and her husband were considering adopting.

"You know, why not?" Smith said, adding that she and Lubensky have travelled to Africa several times, and filmed a documentary on conservationists in Zimbabwe together.

"We still might end up there some time," she said.

Metro News Services

Getty Images photos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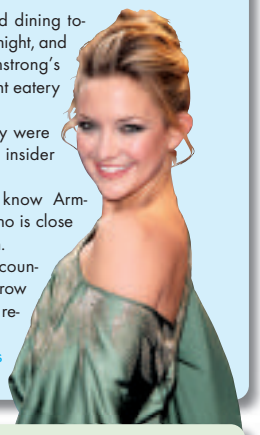
Kate, Lance step out

Actress Kate Hudson is dating Lance Armstrong, reports say.

Hudson, who recently broke up with actor Owen Wilson, spent a romantic weekend with the seven-time Tour de France cycling champion at his home in Austin, Tex.

"Kate and Lance have been dating for a couple of weeks. She and Lance are both physical, passionate people – she's never been happier," said a source close to the couple.



The pair were spotted dining together in Austin on Friday night, and enjoyed a meal with Armstrong's three children at a different eatery on Saturday.

"They looked like they were having fun," a restaurant insider said.

Hudson first got to know Armstrong through Wilson, who is close friends with the sportsman.

Armstrong split from country singer fiancée Sheryl Crow in 2007, after a three-year relationship.

Metro News Services

Diva Scarlett misses festival?

Scarlett Johansson never made it to the Cannes Film Festival premiere of her new movie on Saturday thanks to her excessive demands, Britain's Daily Mail newspaper reports.

The Vicky Cristina Barcelona star reportedly insisted on having her own $7,800 US-a-day make-up artist and a room at a hotel 48 kilometres outside of Cannes, while director Woody Allen and co-stars Penelope Cruz and Rebecca Hall stayed in the city in order to be close to the premiere, the New York Daily News reports.

The movie's studio reportedly balked at the demands and left Johansson, 23, behind in New York.

"Penelope and Rebecca were going to be working very hard and it wasn't acceptable that Scarlett would be having to come in from that distance every day, most likely turning up late and it would have thrown schedules into a lot of confusion," an executive connected with the film said.

The executive also said Allen, who has directed Johansson in three films, was "a little upset that she wasn't being a team player."

The film received a 10-minute standing ovation after the screening.

Metro News Services

Getty Images photos

Bosworth on thinness

Kate Bosworth is placing the blame for her once painfully bony figure on her breakup with Orlando Bloom, MSN Entertainment reports.

In an interview with Harper's Bazaar (via Australia's Daily Telegraph), she says the implosion of their romance after four years together left her so stressed out she had no appetite, resulting in her thin form and prompting headlines questioning her health.

"It was my first very difficult breakup with someone I loved deeply and no matter how much I ate, it didn't matter," says the actress, who began dating model James Rousseau not long after she and Bloom parted ways.

"I hold all my emotions in the pit of my stomach, so it became difficult to eat. I remember going to a nutritionist and asking, 'Do I have a parasite?' " Bosworth says.

Metro News Services

Colin sparks health fears

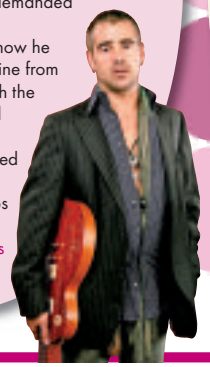
Actor Colin Farrell has ignited fears for his health after he appeared at a press conference looking gaunt, but he insists he's merely shedding weight for a film role, *imdb.com* reports.

Farrell, 31, shocked reporters when he showed up to promote his upcoming movie Triage – in which he plays a war reporter in 1990s Bosnia – during a trip to Spain.

"I lost weight because my role demanded it. It was all very healthy," he said.

Farrell did not elaborate as to how he lost the weight, instead quoting a line from the Scott Anderson novel on which the movie is based: "Once his beard was gone, he saw that his face had become drawn. He pressed at the hollows beneath his eyes, the pronounced nubs of his cheek bones."

Metro News Services



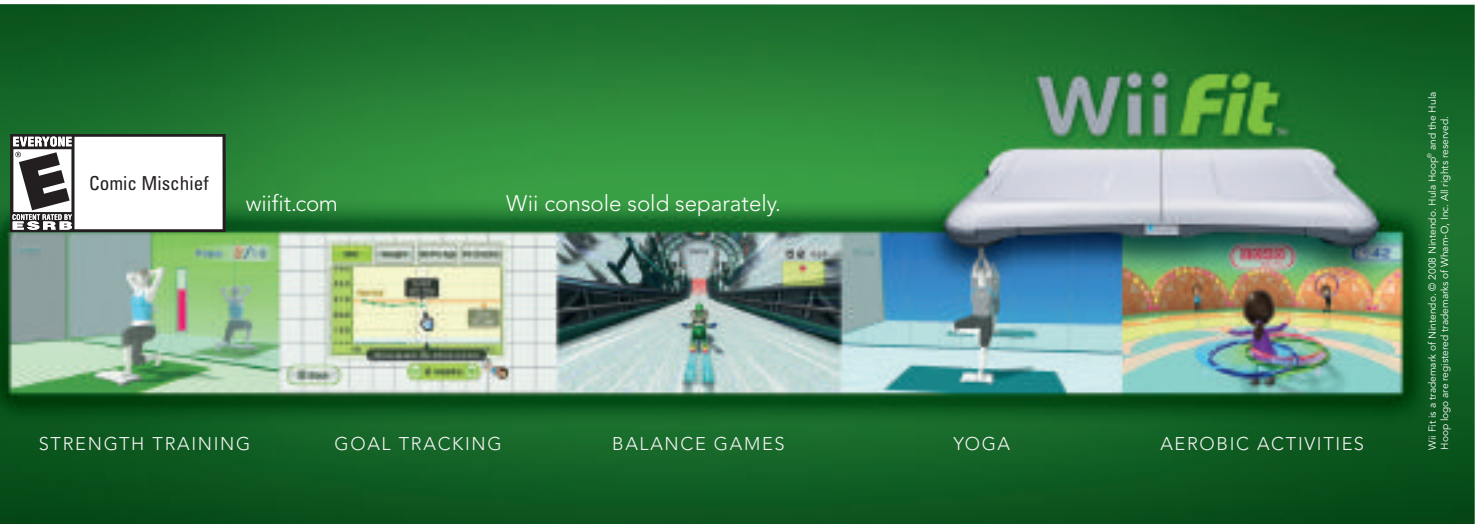
Jessica talks motherhood

Despite the fatigue pregnant Jessica Alba feels, she welcomes the fact her expectant state has calmed her down, *People.com* reports.

"At the end of the day I am so tired I can't function or speak and my eyes glaze over," Alba, 27, tells Fit Pregnancy magazine for its June/July issue, "but this pregnancy has seriously mellowed me out, which is nice. I've been going, going, going for so long, it feels nice not to take things so seriously."

And though she finds herself craving citrus, when it comes to what she'll allow as a mother, she says: "I don't want to be my child's best friend; I want to be a mom. But I do want my child to come to me when they have problems and need to talk, so it's going to be about treading that line."

Metro News Services



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